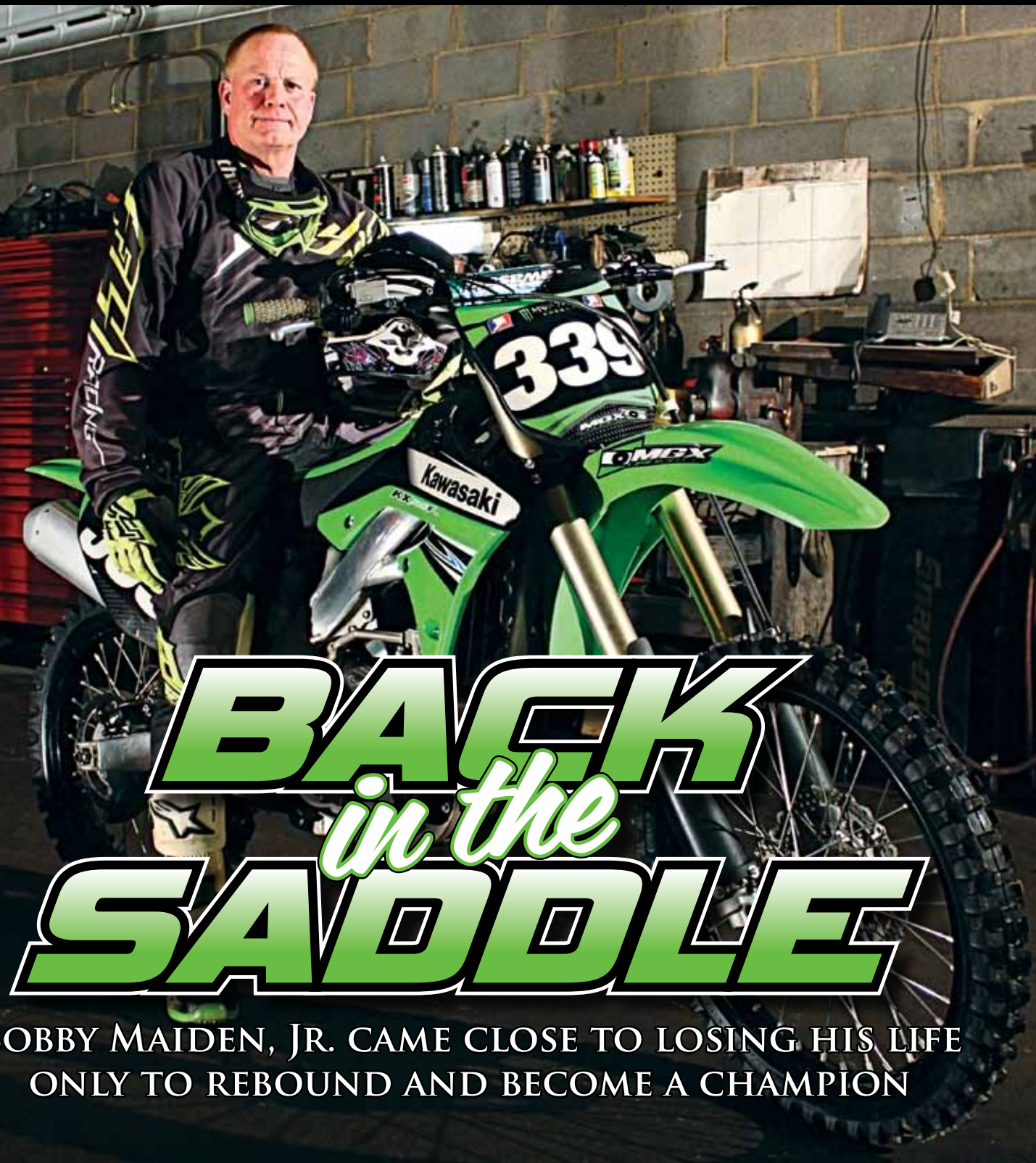


ISSUE 26 • SPRING 13

# SALEM



A MAGAZINE FOR THE PEOPLE OF VIRGINIA



## BACK *in the* SADDLE

BOBBY MAIDEN, JR. CAME CLOSE TO LOSING HIS LIFE  
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You can view this edition of the Salem Magazine as well as previous issues for free at [www.salemva.gov](http://www.salemva.gov)



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**On the cover** Bobby Maiden, Jr., who is the Shop Foreman at Maiden & Son's Garage on Market Street, is an unlikely and inspiring motocross champion at the age of 51.





# SALEM VA

STREETS & MAINTENANCE

## 2013 HOLIDAY TRASH COLLECTION SCHEDULE

### **Memorial Day - May 27, 2013**

MONDAY- MAY 27 - ROUTE COLLECTED TUESDAY (5/28)  
TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

### **Independence Day - July 4, 2013**

THURSDAY- JULY 4 - ROUTE COLLECTED ON FRIDAY (7/5)  
MONDAY, TUESDAY, WEDNESDAY & FRIDAY ROUTES UNCHANGED

### **Labor Day - September 2, 2013**

MONDAY- SEPTEMBER 2 - ROUTE COLLECTED TUESDAY (9/3)  
TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

### **Veterans Day - November 11, 2013**

MONDAY- NOVEMBER 11 - ROUTE COLLECTED TUESDAY (11/12)  
TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

### **Thanksgiving Day - November 28, 2013**

THURSDAY - NOV. 28 - ROUTE COLLECTED MONDAY (11/25)  
FRIDAY - NOV. 29 - ROUTE COLLECTED TUESDAY (11/26)  
MONDAY, TUESDAY & WEDNESDAY ROUTES UNCHANGED

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## **Community Recycling Bins**

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& PLASTIC ARE ACCEPTED AT BOTH SITES.)





## CITY COUNCIL



**RANDY FOLEY**  
MAYOR  
rfoley@salemva.gov



**JOHN GIVENS**  
VICE MAYOR  
jgivens@salemva.gov



**JANE JOHNSON**  
jjohnson@salemva.gov



**LISA GARST**  
lgarst@salemva.gov



**BILL JONES**  
bjones@salemva.gov



Salem City Hall is located at 114 North Broad Street. Council meets on the 2nd and 4th Mondays of every month at 7:30 p.m. in the council chambers located on the main level of the building.

## CITY DEPARTMENTS DIRECTORY

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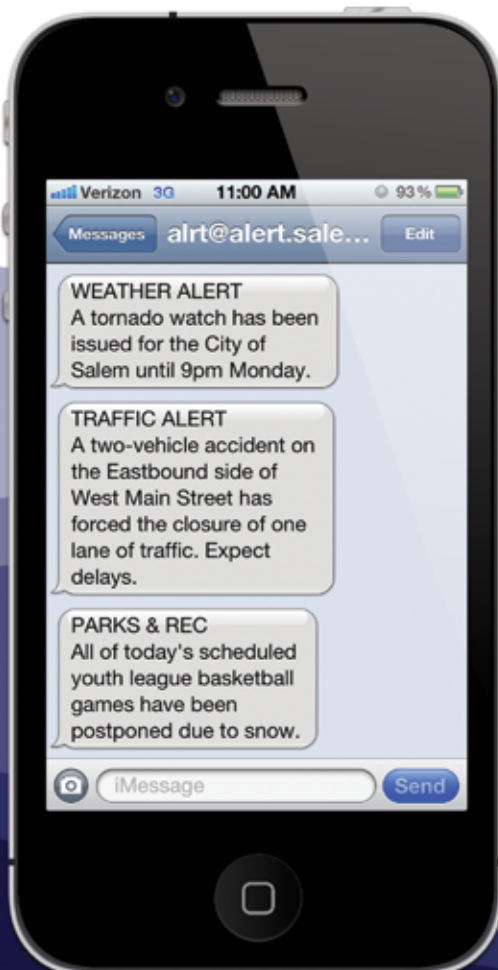
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# KEVIN'S CORNER

Kevin Boggess - City Manager [kboggess@salemva.gov](mailto:kboggess@salemva.gov) 375-3016



It is springtime again in Salem, which is my favorite time of the year. I always look forward to shedding the heavy winter coat and getting outside to enjoy the budding flowers and greening trees. With all of its natural beauty, Salem is a beautiful place to enjoy spring, and certainly one of the best ways to appreciate that beauty is to take a stroll along the newly-expanded greenway along the river.

A large majority of this work has taken place during the lingering recession thanks to our ability to secure Grant Funding. City Planner, Ben Tripp, has worked hard along with other city staff members to not only attract state and federal money, but also a variety of private donations and volunteers.

In fact, it is the volunteer aspect of the greenway work that is the most satisfying. Much like the Salem Rotary Dog Park, which was built by citizens, businesses and civic groups who were passionate about the project, many of the greenway enhancements are the direct result of local organizations simply wanting to "give back" to their community.

The list of contributors who have done everything from plant a tree to build an information kiosk is extensive and diverse. I encourage you to take note of these giving groups and businesses and thank them when you have an opportunity to do so. Now that the 86 foot long section of pedestrian bridge has been successfully installed along the most technically challenging portion of the greenway along West Riverside Drive, folks can get on the greenway at Rotary Park along route 419 and walk all the way to Mill Lane uninterrupted. That's more than 3.5 miles of Salem's natural beauty for you to enjoy.



Street Department workers secure a pedestrian bridge.



## Projects & Money Saved by the City

- 10 Kiosks - \$40,000
- Interpretive signs, Kiosk info - \$10,000
- Dog Park Shelter - \$10,000
- Hanging Rock Battlefield Trail trailhead - \$5,000
- 4 Canoe Racks - \$2,000
- **Plantings and Bank Restoration (above) - \$10,000**
- Eddy Parking Lot - (Part of Rec trails grant)
- Ballfield Benches at Bowman - \$2,000
- Streambank restoration at Riverside Park - \$10,000
- Misc. - \$57,500 (benches, fountains, parking, canoe launches, trees on East Riverside & Eddy, bike racks)



The Street Department built the trail under the Colorado Street bridge.

## Organizations that volunteered:

- Boy Scouts
- Girl Scouts
- Novozymes Biologicals
- **General Electric - Elfuns (right) and Backroads Bikers**
- Pathfinders for Greenways
- Salem Kiwanis
- Environmental Services & Consulting
- Virginia Department of Forestry
- Roanoke College
- ...and others



# S@LEM

## NEWSMAKERS



# Deck the School Halls

This June will not only mark the end of an era in Salem, but the culmination of two incredibly successful careers in education as the husband and wife team of **John and Linda Hall** retire from the Salem School Division after 71 years of combined service.

Hall is stepping down after 25 years as the principal at Salem High School and another 16 before that as a teacher. Linda leaves South Salem after 31 years as an elementary school teacher, with all but one of those spent at the little round school on the hill.

"Over my 40 plus years in education, I have known thousands of educators in hundreds of communities all over the country, but I

have never known an educator couple to have influenced as many young people in positive ways for as long as John and Linda Hall have," says **Wayne Tripp**, Salem School Division Superintendent from 1989-2006. "Having spent almost their entire lives and careers in one profession and one community, they may well be unique."

Their wisdom and influence hasn't just been reserved for the children and teenagers they've come in contact over the years. Both have spent countless hours mentoring, advising and sometimes even counseling young teachers who are trying to walk in the shoes they themselves once wore.

"For over 20 years, Mr. Hall has served as a mentor to me as a new teacher and aspiring administrator, and also as a role model to me as a husband and father," says **Alan Seibert**, Salem School Division Superintendent. "John and Linda have taken a genuine interest in my family including our children and even our pets. The Halls have helped us celebrate happy occasions and comforted us in times of grief."

John and Linda, who was named Teacher of the Year at South Salem in 2001, have been married for over 45 years and are as ingrained in the Salem community as any couple. After John graduated from Andrew Lewis in 1961 and later earned degrees from V.M.I. and Virginia Tech he began his career in education at Glenvar before moving to Salem High when both schools were still part of the Roanoke County school system. Hall took over as the principal of Salem High School in 1987 when current assistant superintendent, **Mike Bryant**, moved to the central office to replace **Forest Jones**.

"John knew the building well, and was really good with the scheduling and computer system, so he was a natural to step into that role," says Bryant. "He was very scientific and he's always been very technology oriented."

Both John and Linda will be participating in the Retirement Extended Work Incentive Program where they will work 20 to 25 days a year in various capacities for the school division in the next few years as they transition into retirement.

"I think the community undervalued John," says Tripp. "In a time when good high school principals are hard to find - great ones are jewels to be treasured and John Hall was a great one. He and Linda set and maintained high standards and expectations for their students and they never settled for anything less."





# From One Firehouse to Another

The Salem Fire and EMS Department recently dropped by Firehouse Subs on West Main Street for something other than a tasty sandwich. Chief **Pat Counts** and a number of his firefighters graciously accepted

a Thermal Imaging Camera from the Firehouse Subs grant program. The cameras are valued at approximately \$6,500 each and can be incredibly valuable life-saving tools when it comes to finding people, pets

or exact fire locations in a burning structure.

The cameras are no bigger than a cordless drill and replace the former technology that was very cumbersome and not nearly as compact.



## Rosie Financial Outlook

Salem's new Finance Director, **Rosie Jordan**, is settling into her new office at City Hall and not surprisingly, she's been stepping a little gingerly in the area once occupied by former director, **Frank Turk**, for 45 years.

"Following in Frank Turk's footsteps is not only a daunting task, but also a tremendous honor," says Jordan. "He set the standard for Finance Directors around the state and I look forward to working with the members of the finance staff he assembled in Salem."

Jordan comes to Salem from Bedford City, where she has been a fixture since 1994. She began her professional career there as an accountant, later became the Assistant Director of Finance and in 2001, was named Bedford's Finance Director. In Salem, Jordan will oversee a \$171 million city

and school division budget.

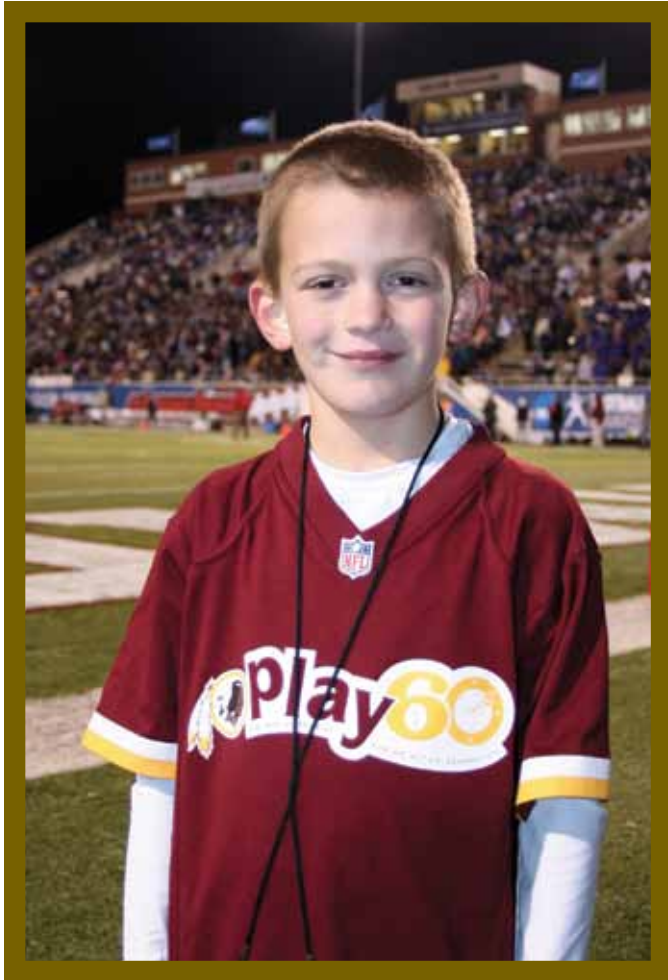
"I truly see this as a once in a lifetime opportunity," she says. "I love challenges and this is an exciting challenge for me both personally and professionally."

Jordan is a Vinton native and graduate of William Byrd High School and Virginia Tech, who has nearly 20 years of financial experience on the municipal level. In addition, she is uniquely qualified for the position because like Salem, Bedford has its own Electric and Water Departments.

"Only a handful of localities in Virginia have their own utilities, and certainly her experience in that area will be a plus for us, but Rosie is highly qualified to meet all of the challenges this type of job presents," says Salem City Manager **Kevin Boggess**. "We are thrilled to finally get her on board."



## Smooth as Silk Wilkes



Imagine playing on the same field as Robert Griffin III and actually tossing the football around in front of thousands of fans on Monday Night Football. Well, **Andrew Wilkes** didn't just imagine that scenario, he lived it.

Andrew, the son of Salem School Division educators **Chris and Kristen Wilkes**, won the local and Allegheny Sectional Punt, Pass and Kick competitions for six and seven-year-olds and in turn punched his ticket to a Redskins' game.

Wilkes was invited to take part in the Redskins Team Championship prior to the team's Monday Night game with the New York Giants on December 3 at FedExField. Not only was the stage suddenly bigger than Salem Stadium and Allegheny High School, but the competition was much better as he took on other sectional champions from Virginia, Maryland and Washington, D.C.

Wilkes ended up winning the Redskins Punt, Pass and Kick championship and at halftime he was recognized on the stadium's Jumbotron. He also received a special first place football, a jersey and a very special congratulations. Giants' running back Ahmad Bradshaw stopped to shake his hand and congratulate him as he jogged off the field.

Wilkes is a second-grader at East Salem Elementary and credits his neighborhood practice partner, Will Hicks, for helping prepare him for the competition.

## Horse Sense

When four Salemites put their heads together you know great things are possible, and a new children's book forged by an extended family of Salem residents is proof of just that.

Recently, **Maria Nichols** (ALMS 1971) and three Salem High School graduates – **Hollie Craighead Young** (SHS 2000), her younger brother, **Michael Craighead** (SHS 2007) and **Danielle Reed** (SHS 2008) blended their literary and artistic talents to create a publication that is having far-reaching effects on people and animals.

*Houston – The Barrel Racing Horse* is a touching story about a foal whose mother was a champion rodeo horse who could negotiate barrels in the ring in record time. The stable owners all thought Houston would be as good as his mom, but as it turned out he didn't even like to run and had some other very special talents to share.

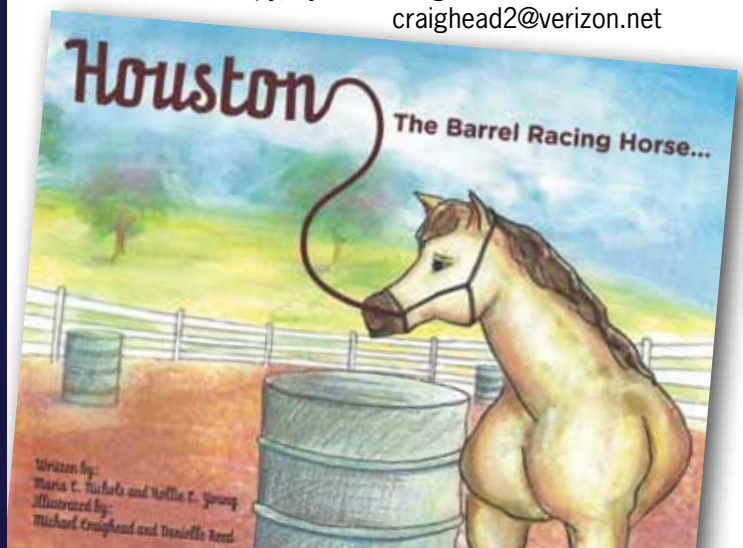
In the book, Houston befriends a young boy in a wheelchair early in life. Eventually, after much trial and error, his owners put him out to pasture at a Therapeutic Riding Center, where he flourishes helping others overcome their disabilities, fears and anxieties.

"The premises of the story with Houston are that whatever you do in life, you want to be happy," says Nichols. "And also that some of your best friends are often people with special needs."

Nichols, a lifelong horse lover, who has worked with everything from quarter horses to draft horses, spent nearly two decades of her life helping special needs children in the Roanoke Valley. The opportunity to write and publish this book allowed her to combine her two greatest passions into one project. The book also is a way to give back. Five dollars of every book that is sold benefits either the Unbridled Change Therapeutic Riding Center in Boones Mill or the Western Wishes program in Weatherford, Texas.

"Working with the horses really empowers these children and adults and more than anything teaches them how to build trust," says Nichols. "A horse's acceptance is unconditional and this shows them that there is a caring nature out there."

You can get more information on the book, including how to secure a copy, by contacting Nichols via email at [craighead2@verizon.net](mailto:craighead2@verizon.net)





# Crouse Named Officer of the Year

Detective **Danny Crouse** was selected "Police Officer of the Year" for 2012 by his peers after saving a woman from jumping off of a bridge on March 11, 2012.

At approximately 2:40 p.m., while still a member of the Patrol Division, Crouse was dispatched to investigate a possible "jumper" who had been seen on an interstate bridge between mile markers 140 and 141 on I-81.

After checking several bridges on the interstate, it was discovered that the subject was actually on the Electric Road bridge that goes over I-81 just off of exit 141. When Crouse and other officers arrived, the female was on her cell phone talking to relatives and advising them that she was preparing to jump from the bridge into the path of a semi-truck on the Interstate.

"The main thing I was concerned about was her well being," says Crouse. "I just didn't want her to do what she was attempting to do and not only hurt herself, but a lot of other people who were close to her."

As the lady crawled over the guardrail and stood on the narrow concrete ledge of the bridge, she spotted officers from the Salem Police Department heading in her direction. With her focus on them, she did not see Crouse coming up behind her, and without hesitation he went over the guardrail and quickly grabbed the



woman and pulled her backwards to safety.

"You just have to rely on your instincts in that type of situation," he says. "I wasn't doing anything spectacular. I was just doing my job."

After a brief struggle, the woman was subdued and placed into handcuffs. She told Crouse and the other officers that she intended to jump and was just waiting

for a "large enough" truck to pass by on the Interstate. The woman was taken into custody and turned over to mental health officials.

"Danny's actions at this incident show his true professionalism, and how he never hesitated to place himself in harm's way in order to keep this person from harming herself," says **Jeff Dudley**, Salem Police Chief. "Danny demonstrated his ability to maintain his composure and cognitive reasoning in a dire life-threatening situation."

Crouse is a 1986 Glenvar High School graduate who was born in California, but raised just outside of Salem from the time he was a teenager. After excelling in football, baseball and wrestling at Glenvar, he earned his Bachelor's degree in Business and Finance from Radford University and his Master's in Business Administration from Averett University. Crouse entered into Law Enforcement in 2008, after a successful business career in the transportation and hotel industries.

"This is a fantastic honor and it really makes you feel good to be recognized in this way," he says. "I'm almost 45-years-old, so I'm old enough to say that, hopefully, a younger officer will look at me as kind of a role model and say 'if he can do it, then so can I.'"

Crouse's story was featured in the Roanoke Times, the Salem Times and on WSLs-TV.

## Pollers Get Appreciation

Earlier this year, the City of Salem's Registrar's office rolled out the red carpet for a dedicated group of individuals who make sure the polls run smoothly in the city each and every election day. Registrar **Dana Oliver** and Deputy Registrar **Sharon Pratt** held a reception for these folks as Mayor **Randy Foley** and Councilwoman **Jane Johnson** also dropped by to show their appreciation to the dedicated group.

The City of Salem has ten voting precincts and each precinct is staffed by a chief, an assistant chief and a

number of other Officers of Elections, who vary depending on the size of the precinct and the election. In the case of the 2012 Presidential election, Salem's largest precinct, Hidden Valley, had a staff of eight.

On Election Day, the staff reports to its respective precinct at 5 a.m. and works until after the polls close at 7 p.m. If you are interested in being an Officer of Elections, and if you are registered to vote in the State of Virginia, contact the Salem Registrar's office at 540-375-3034 for more details.







**GOOD MUSIC.  
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April 26 Domino  
May 31 Project 4 & The Kings  
June 28 Elderly Brothers  
July 26 Super Hold  
August 16 Legacy

Salem/Roanoke County Food Pantry  
SARA, Inc  
Community Christmas Store / ACT Packs  
Kiwanis Club of Salem  
Special Olympics/Salem Rescue Squad

5:30 - 9 p.m. Salem Farmers Market  
\$5/Children 12 and under are free  
Food Court, Children's Play Area







## Bridging the Greenway Gap

The most technically challenging stretch of Greenway construction in Salem was completed early this spring as workers carefully installed 128 feet of pedestrian bridge across a steep part of terrain along Riverside Drive.

The technical work required that retaining walls be put in place and traffic be rerouted on several occasions to make room for a crane that lifted the heavy sections of bridge into place.

D.A. Brown Construction of the Roanoke

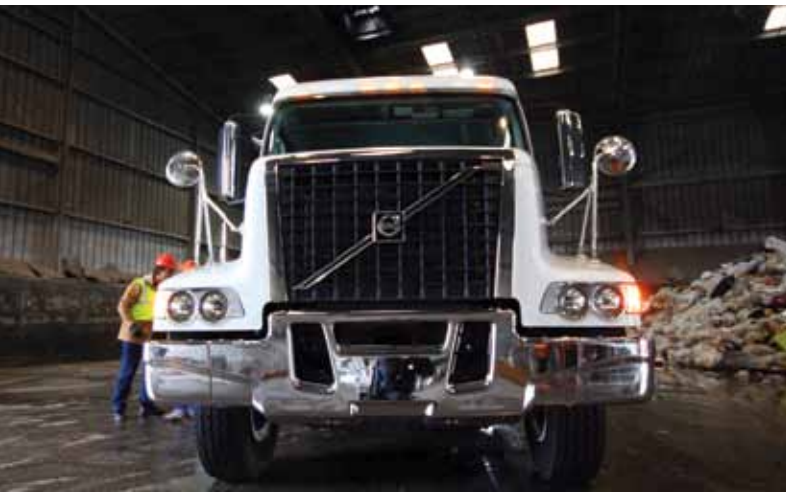
Valley served as the General Contractor for the job. Now that the 14-foot wide bridge is in place, you can get on the Greenway at Rotary Park on Route 419 and walk all the way to Mill Lane – a distance of more than 3.5 miles.



## Put Away Those Windshield Scrapers

Don't forget the City of Salem is eliminating "city stickers" for personal property taxes effective this spring. Citizens in Salem will continue to pay their personal property taxes, as usual, but they no longer will be issued a decal to display on their windshield. The current decal fee of \$20 will remain in effect, but it will now be known as a vehicle-licensing fee as it is in most other localities in the region. Salem was one of just a small handful of local governments across the Commonwealth still issuing the decals. City Council formally approved the change at its March 10 meeting.





## Glitzy Trash

The tipping floor at City of Salem Transfer Station on Indiana Street isn't exactly the first place that comes to mind if you're looking to create an Olan Mills moment. However, this spring it served as the site for a big-time national photo shoot for Volvo Trucks.

Salem's Solid waste Director, **Jim Fender**, received a call from a producer based in Las Vegas asking for permission to use the site to stage a photo shoot featuring a brand new Volvo truck. The Salem site was recommended because of its proximity to the Volvo truck manufacturing plant in Dublin and because of its open space design.

Fender agreed to let the crew use the facility, as long as the group understood trucks and trash would still be flying in and out of the building as it does on a normal day. The shoot was scheduled to last from 8:30 a.m. to 10:30 a.m. when the traffic flow is slow, but it ended up lasting until 3:30 p.m.

"I learned that there is a lot more involved in promoting trucks and advertising than just snapping a picture or two," he says. "They had people constantly wiping the truck down and constantly checking on the lighting. It was a big production."

The new Volvo roll-back truck, which has multiple industrial uses for solid waste, will be featured in an upcoming advertising campaign by the company.



## Singing Valentine

Salem High School senior, **Sam Valentine**, had the experience of a lifetime this spring when he traveled to New York City to perform at Carnegie Hall. Valentine was one of just 250 students from 49 states, Canada, South America and the Middle East selected to sing in an all-star choir.

"It was a great opportunity for me and an eye-opener as far as what it will be like doing music as a career," he says. "I just never dreamed I would ever be able to perform at Carnegie Hall."

The talented singer, songwriter and musician, first started singing formally in church. He is now an accomplished vocalist and musician who has recorded his own album and has his own videos on YouTube. The winning submission that caught the selection panel's attention in New York was an A cappella version of "Oh Holy Night" that he recorded at Flat 5 Studio in Salem.

"He is one of the most talented students I have ever taught and I have been teaching for over 20 years," says **Kristi Vernon**, Salem High School Choral Director. "He's the type of student I can see doing music as a career, and, hopefully, this gave him a chance to make some network connections."

Valentine and the rest of the students performed under the direction of 76-year-old conductor **Eph Ehly**. In addition to seeing how he blended and stacked-up vocally with others his age, Valentine stayed at the New York Hilton, paid his respects at the 9/11 Memorial at Ground Zero and even rode the elevator with actor **Cuba Gooding, Jr.**





# Moyer Complex Scores New Boards



The Moyer Softball Complex has a new look in the outfield. Four brand new scoreboards were installed in March at each of the four fields, replacing ones that became difficult to maintain.

"The ones we had were 18 years old and pretty much on their last legs," said complex manager **Eric O'Brien**. "The light bulbs would burn out real quick or wouldn't work for some reason. The new ones now have LED strips, and we might never have to replace them."

Twelve different companies and businesses funded the scoreboards, which helped pay for almost the entire project. All four scoreboards cost a total of \$30,000 to purchase and install. The remaining money raised came from selling the old scoreboards.

"We sold the three small ones to a town in North Carolina to be used for parts and the big board was sold to a high school in Georgia," O'Brien said. "We didn't have to use any new money for the project."

After this season there is a plan to replace the current scoreboards at Kiwanis Field, Oakeys Field and the Civic Center softball fields.

## Label it a success

When the Parkway Brewing Company in Salem opened for business in late January, beer aficionados rushed inside the Kesler Mill Road facility to get a taste of the region's newest craft beers. What they also got was a glimpse of some immensely creative, eye-catching artwork from an unexpected source.

**Jessica Worthington** is the wife of Parkway's Brewmaster, **Ryan Worthington**, and the creator of the incredibly unique labels that adorn the brewing company's products. You might say it's a match made in hops heaven – great taste and equally impressive artwork.

"Everybody has been extremely positive and I get tons of compliments," she says. "It has really surprised me because I've never worked as a commercial artist since my degree is in sculpting."

Worthington got that degree at University of Tennessee in 2007 and she and Ryan also met in Knoxville. During their five years of marriage, her artistic abilities have been channeled toward jewelry making and crochet, but when the owners of the brewery, **Keno and Lezlie Snyder**, saw her ideas on paper they were sold.

"I just took my cues from them as far as what they wanted and most people really think they are striking and very different," she says. "I'm an illustrator, not a graphic designer, so I really look at this as a collaborative piece of commercial art between me, Keno and Lezlie and the graphic artist."





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# New Websites for the City

The City of Salem has a fresh new look from the computer screen to the smartphone.

At the beginning of March, the Technology Systems and Communications Departments released a new user-friendly website for Salem's residents and visitors. Each year, the website is visited by over 165,000 people.

The website creation system known as DotNetNuke was used to develop and implement the brand new site, which was in development for over two years.

"The DotNetNuke technology has been around for over 10 years now," said Senior Programmer Analyst **Scott Wade**. "It is by far the best Microsoft-based website system and is very flexible to do exactly what we want for the city."

Every single part of the previous website created in 2002 was reviewed and improved before placing it into the new site.

In addition, a new city-wide calendar, a "Report a problem" system, department photo galleries and direct access to Twitter feeds pertaining to the city have all been added. All of these features were designed with mobile phone users in mind.

The format change also allows the website to be easily viewed on a mobile device like a smartphone or tablet. Over 18% of visitors to the website are from those devices and the number will only increase.

This is not the first city website using this system. The Library, Animal Shelter, Civic Center and Cardinal Criminal Justice Academy websites have been up and running for over a year. In the coming months, new websites will be created for the Salem Fair, Moyer Complex softball tournaments and the Farmers Market.



The new City of Salem website was released in early March and the new Farmers Market website will be ready for the summer. Both sites were designed with mobile users in mind.



Tarri Gauck trades the bright lights of TV for the classroom and becomes Salem's Teacher of the Year.

BY MIKE STEVENS

**T**ell people you work in the television industry and all they can envision is a glamorous career punctuated with a fat paycheck. Unfortunately, the hard truth is that neither of those scenarios is very common. Tarri Gauck, a kindergarten teacher at West Salem for the past eight years, actually recognized those harsh realities before it was too late in life, and the result of her unusual, but successful career change is that she is now the reigning Teacher of the Year in Salem.

"Honestly, I feel very humbled and honored, but I don't necessarily think I'm qualified," she says. "I am really a work in progress in that I'm always growing and learning, and some years you're at the top of your game with your class and others it's a little bit trickier."

In truth, Gauck is more than qualified even though she admits that her path to the classroom has been less than a traditional one. She graduated from Ohio State University in 1989 with a degree in Communications and Television Broadcasting. The art of editing video and molding raw tape into eye-catching and concise



SALEM SALUTES  
ALL TEACHERS  
OF THE YEAR



DEBORAH TURNER  
ANDREW LEWIS  
MIDDLE SCHOOL



ROBIN BOWEN  
EAST SALEM  
ELEMENTARY SCHOOL



productions was a perfect fit for her artistic and creative talents.

"My biggest clients were Hoechst Celanese, GE and APCO and I loved it," she says. "But I poured myself into the editing suite, worked 10-to-12 hours a day, produced these great looking videos and then they would be seen once and put on a shelf, so I became very disillusioned."

So she decided to head back to school to get her Master's in Education at Radford University. She and her husband, Dwayne, a chemistry teacher at Salem High School, already were married at the time and living in Montgomery County. After securing her advanced degree in 1993, she landed her first full-time teaching job at Roanoke Catholic where she spent five years. At West Salem, she not only influences five-year-olds, but aspiring teachers as well. As the Clinical Faculty Lead Teacher at West Salem, she trains and mentors any new teachers or student teachers at the school.

"Tarri always has a smile and positive attitude and she makes learning fun," says Trula Byington, West Salem Principal. "She knows her students and quickly figures out how to meet the needs of each learner. She is a wonderful representative for our school division."

"I have taught in four different schools but I have really found my home at West Salem," says Gauck. "Salem City has an incredible commitment to educating its children and each school has an amazing PTA. Having such a complete partnership with the parents allows us to make so much progress and achieve so much growth with the children."

In many ways, Gauck is a true Renaissance woman. She was a double major at Ohio State and is just a few credits shy of obtaining her Fine Arts degree. She has painted murals in churches, homes and schools and has plans to write and illustrate children's books in the future. In addition, she modestly admits to being a wannabe Master Gardener, who uses her 15 acre farm as a planting canvas. But it's the way she shapes her young students that is most impressive.

"They grow more in this one year than you can imagine," she says. "They come in almost like toddlers sometimes and to see them leave after this one year as little men and women who have opened up to the world, blossomed and experienced so much growth across the board is amazing."

"Tarri works hard to meet the needs of each child and does so in fun creative ways," says Debbie Carroll, West Salem Associate Principal. "Her solid knowledge of the kindergarten curriculum, along with her desire to get to know each of her children, results in successful students."

Gauck was chosen from a list of nominees representing each of



West Salem Elementary kindergarten teacher Tarri Gauck specialized in television editing before she started teaching.

Salem's six schools and she says the selection comes as a complete surprise.

"I have to say that I am surprised because there is a perception that with kindergarten it's just play and snack and coloring and many people do not realize what an amazing little world it is," she says. "We do everything that every other grade does, but it's just in a simplified form. We do our language, math, social studies and science, but with a lot more community as far as teaching them to be good citizens."

Tarri and her husband have two children attending Salem High School – Megan, who is a junior and Matthew, a freshman.

"I'm invested in this school division not only because I am employed here, but because of what it has done for my children," she says. "I love coming to work every day and not everyone can say that."

Gauck and the five other teachers of the year from each of Salem's six schools were honored by the School Board and the Salem Educational Foundation during a special reception on March 26.

"I think I would be more comfortable with this honor if it was 'colleague of the year' because I would do anything for my fellow teachers," she says. "This is very special." 🦅



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SALEM HIGH SCHOOL



**DARLENE MARSHALL**  
SOUTH SALEM  
ELEMENTARY SCHOOL





June 4, 2012 - New South Salem groundbreaking



June 7, 2012 - Final Field Day at the round school that was built in 1964



July 17, 2012 - Concrete forms are put in place



Main entrance hall of the new school



The back portion of the new school is nearing completion







## SOUTH SALEM ELEMENTARY NEARS COMPLETION FOR THE 2013-14 SCHOOL YEAR.

The applause had barely died down at the official groundbreaking of the new South Salem Elementary School when two bulldozers fired up their engines and began moving red clay. Such is the case when you are building an 80,000 square foot structure just feet from an existing one on a construction schedule with very little wiggle room.

"You are always going to be panicky," says **Mike Bryant**, Salem Assistant School Division Superintendent, who is overseeing the project. "The difference between this project and anything else we have ever done is that we always had somewhere else to put the children, but in this one, once we start tearing down the old building we have nowhere else to go."

Tremendous progress has been made on the \$17 million dollar project since that groundbreaking ceremony on June 4 of last year, and even though a few days were lost during the extremely wet winter, the window to complete the project is still open.

"They lost some days in the winter, but in some areas we are two weeks ahead," says Bryant. "Everybody is focused and they know what needs to be done, and they're working seven days a week to ensure that we make it."

Once the students and teachers get into the new building they will not only be impressed with the size of the structure, but also the amount of natural light that pours into the classrooms, cafeteria and gymnasium.

"It is impressive," says Bryant. "Right now it looks like we are in pretty good shape and structurally the building is for the most part complete. We need 24 classrooms, office space and a cafeteria to run the school and we can then finish up the ancillary spaces as we go forward."

Bryant, who has been in education 42 years, says the contractor and the construction crews have done an excellent job of limiting noise during the school day and even working with the teachers to make the various stages of the project teaching moments.

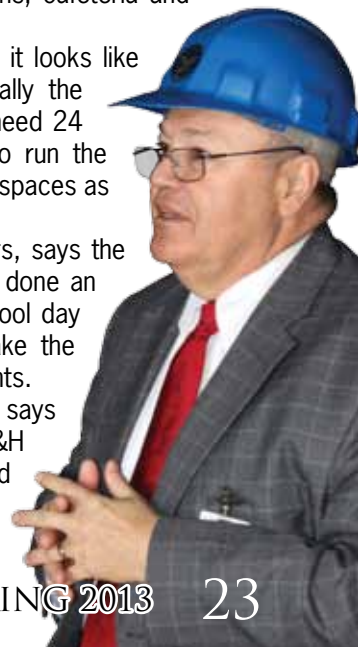
"Has it been a distraction? Absolutely," says Bryant. "It would be a lie to say it hasn't, but G&H Contracting has been a jewel to work with and we all know the progress they make in the next couple of months is going to be critical."



Officials and School Board members  
tour the facility in January



The massive gym features natural lighting





# IMPROVING SAFETY

School, police and community leaders come together to enhance school safety.

BY MIKE STEVENS

The Virginia Tech shootings may have been too close for comfort, but not even distance could soften the blow each of us suffered when the tragedy in Newtown, Connecticut took us to our knees. Senseless school violence on any level has become a hot button topic nationwide and an issue that every school division, including the one in Salem, is proactively addressing.

On March 14, Salem school, police and community leaders gathered inside the Public Safety Building on Calhoun Street to frankly discuss Salem's six schools when it comes to what we may be able to improve and what we're already doing well when it comes to the safety of our children.

"I am profoundly thankful for the long history of cooperation and collaboration between the Salem City School Division, the Salem Police Department and Fire and EMS," says Alan Seibert, Salem School Superintendent. "Chief Dudley and I were in contact shortly after the horrific tragedy in Newtown and the Salem Police Department took immediate

actions from a public safety perspective and the school division took a student-centered approach by focusing on helping parents think about age-appropriate conversations for their children. As horrified as we understandably were as parents and educators, we had to consciously remind ourselves that children are watching and listening to the adults in their lives for cues about what is happening in the world and for assurance that they are safe and loved."

*"While we certainly need to learn from the terrible, yet rare incidents of school violence, we need to remember and remind our community that school is still one of the safest places for a child to be."*

**Salem Superintendent Alan Seibert**

Those in attendance heard from respected national school safety expert Dewey Cornell from the University of Virginia. The clinical psychologist directs the Virginia Youth Violence Project and gave those in attendance a very realistic assessment of just how safe our schools in Virginia and the nation really are.

"While we certainly need to learn from the terrible, yet rare incidents of school violence, we need to remember and remind our community that school is still one of the safest places for a child to

be," says Seibert. "Dr. Cornell's presentation told us that while emotions may incline us to put a police officer in every hallway,

**ABOVE:** Salem School Superintendent Alan Seibert and Salem Police Chief Jeff Dudley led the safety conference in March.



the facts are that children are much more vulnerable to motor vehicle accidents. The prudent decision based on research is to provide a positive police presence in our schools while keeping most law enforcement officers on the road to protect children from traffic offenders and to quickly respond to domestic disturbances.”

The Salem Police Department’s Emergency Response Team routinely trains and prepare for all types of scenarios in our schools. Even though it is often necessary to stage these drills with varied degrees of advanced warning, using the element of surprise often makes them extremely real.

“While you never know what circumstances you may encounter, having training exercises at the schools on a regular basis helps in several ways,” says Dudley. “The officers are able to familiarize themselves with the layouts of the schools and in the process practice as a group the different techniques they are taught in the classroom.”

The Salem School Division and Police Department were proactive with this type of training long before the tragic events unfolded at the Sandy Hook Elementary School. In the past couple of years, emergency and evacuation drills have been successfully completed at Salem High School, Andrew Lewis Middle School and with our bus drivers with the help of Salem’s Emergency Response Team.

“Over the past decade the response to most situations has completely changed,” says Dudley “Now, officers work on the fastest and most efficient way to get the children out of the school and to a safe environment. We have emergency plans in place for each school in Salem and these are reviewed yearly to see if there is anything we can improve.”

Those in attendance at the March 14 meeting not only had an opportunity to speak and ask questions, but also offer written suggestions and critiques.

“A number of improvements are already in place and others



**Dr. Dewey Cornell**  
respected school safety expert from UVA was the keynote speaker

will be incorporated in our annual updates of School Crisis Plans and still more will require additional consideration for possible inclusion in our Capital Improvement Plan for facilities,” says Seibert. “Ultimately, we all need to focus more on prevention so that crisis response will be less necessary. Bullying prevention is an important part of what we do and what we are seeking to do better, but even better than preventing a negative interaction is encouraging positive peer-to-peer interactions.”

Character Counts, Rachel’s Challenge, Bucket Filling, and a number of other approaches that are currently employed in our schools are real keys when it comes to establishing a positive culture above and beyond stopping negative behaviors.

“More tragedies are averted by having a culture where students and parents freely share information with teachers and school leaders than having an oppressive and overly regulated system of controls,” says Seibert.

The instant information age in which we live coupled with social media often create unrealistic expectations when it comes to the immediacy of receiving information. This in turn leads to rumors and false information that are often fueled by facebook posts or anonymous emails to media outlets.

“Although there is a temptation to proclaim the steps you are taking in response to an event are an effort to comfort adults, the harsh reality is that much of the crisis response planning we do needs to remain confidential to avoid unintentionally empowering a would-be perpetrator,” says Seibert.

“We took immediate steps in Salem after the events in Newtown, but we consciously avoided disruptive, symbolic, or knee-jerk reactions in favor of a thoughtful and well-reasoned approach because at the end of the day, our first responsibility is to the children we serve.”

“I think parents need to be assured that our schools are safe, but that as parents they can always help by watching for signs in their children that something may be wrong, by talking with them and even alerting school staff members if there are concerns,” says Dudley. “The single greatest mechanisms for security on a day-to-day basis are the eyes and ears of the faculty, parents and the students.” 🦅



The Salem Emergency Response Team has executed drills at Salem High, Andrew Lewis Middle and with city school bus drivers.



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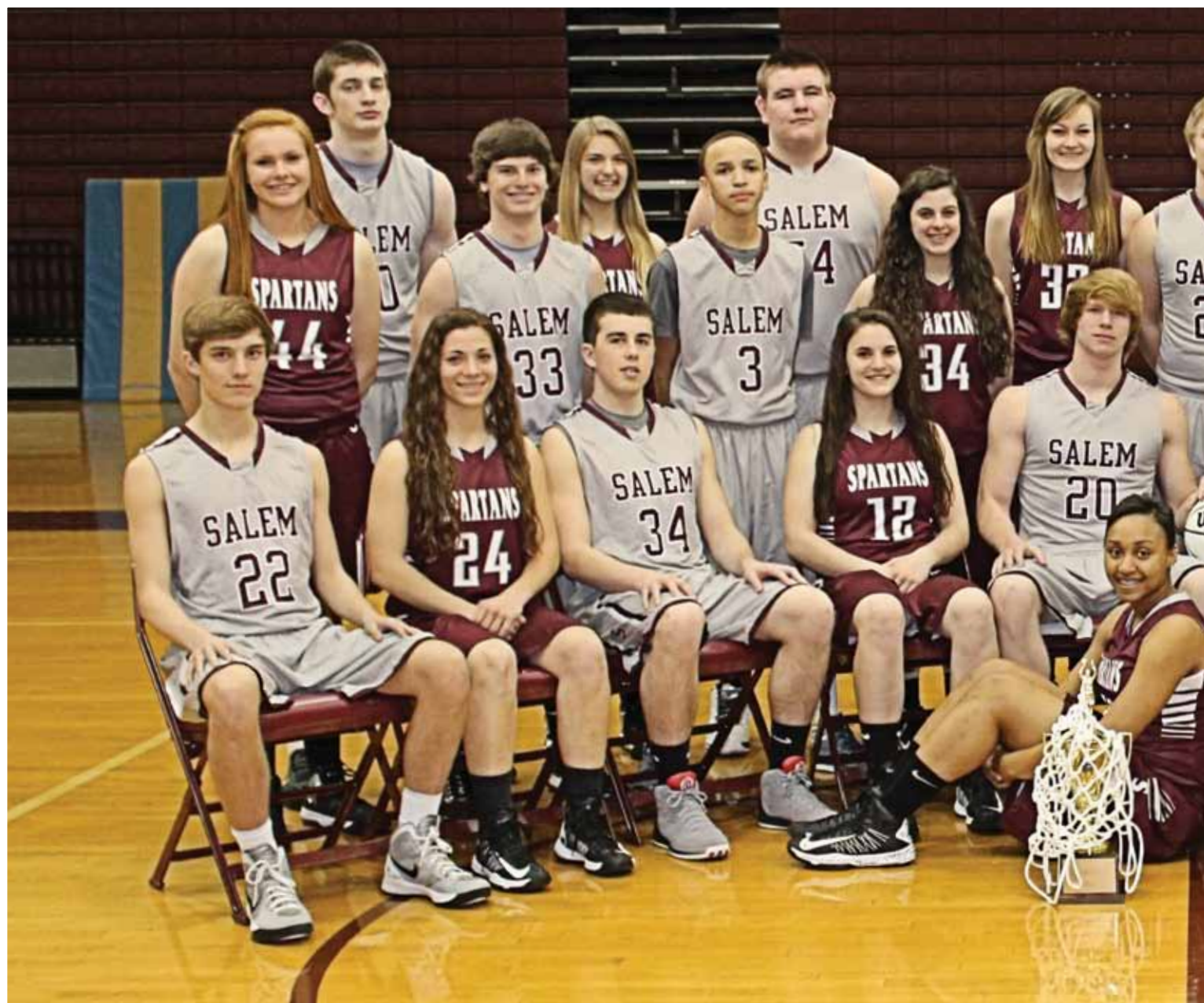
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11	Maia Foley	9	30	Tay Taylor	12
12	Megan Migliarese	10	32	Tessa Foley	12
14	Hannah Rich	9	34	Jennifer Dixon	10
20	Victoria Maxwell	10	40	Beth Plympton	10
22	Maddie Price	11	44	Chloe Dennis	9

COACHES: Scott Hall, Head Coach DeWayne Harrell,  
Ashley Mathis and Mike Gibson





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10	Troy Mann	11	34	Cam Owen	11
12	Robert Hudson	11	40	Matt Rose	11
14	Matt Hill	12	44	Allen Chaney	11
20	Shawn McDaniel	12	50	Tristen Cregger	11
22	Noah Carter	10	52	Justin Marshall	11
24	John Repass	12	54	Alex Light	11
30	Will Pratt	11			

COACHES: Hank Luton, David Williams,  
Head Coach Kevin Garst and Benny Kawa





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SUN	MON	TUE	WED	THU	FRI	SAT
						MB 6:05
MB 6:05	WS 7:05	WS 7:05	WS 7:05	WS 7:05	LYN 7:05	LYN 7:05
LYN 7:05	WIL 7:05	WIL 7:05	WIL 7:05	LYN 7:05	LYN 7:05	LYN 7:05
LYN 7:05	ALL-STAR BREAK				WIL 7:05	WIL 7:05
WIL 7:05	WS 7:05	WS 7:05	WS 7:05	WS 7:05	CAR 7:05	CAR 7:05

## JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	MB 7:05	MB 7:05	MB 7:05	CAR 7:05	CAR 7:05	CAR 7:05
CAR 7:05	MB 7:05	MB 7:05	MB 7:05	POT 7:05	POT 7:05	POT 7:05
POT 7:05	POT 7:05	POT 7:05	FRE 7:05	FRE 7:05	FRE 7:05	FRE 7:05
POT 7:05	POT 7:05	POT 7:05	FRE 7:05	FRE 7:05	FRE 7:05	FRE 7:05
POT 7:05	POT 7:05	POT 7:05				

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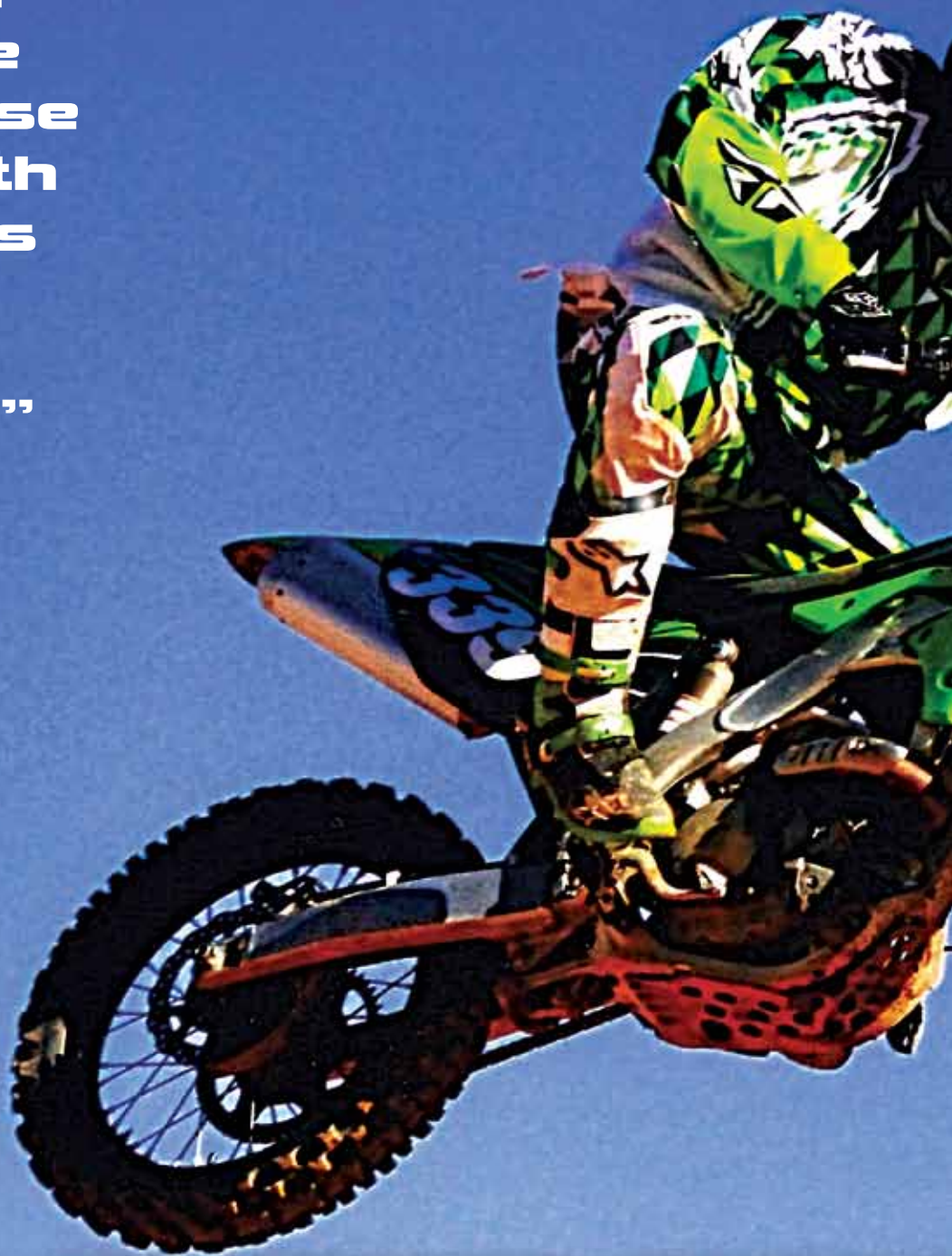
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**“I didn’t get  
back on the  
bike because  
I had a death  
wish. It was  
because I  
believed in  
something.”**



# **MAIDEN**

***BY MIKE STEVENS***





It's hard to say which hurt worse—his back or his pride. Either way, Bobby Maiden, Jr. was a broken man. Two hundred miles from Salem in the tiny town of Disputanta, Maiden was flat on his back, covered in dirt and as close to death as a man could be.

“It was a rough day...the roughest day of my life,” he says.

The fact that Maiden is alive today and can walk is nothing short of a miracle, but as you'll soon find out, walking was never what inspired him to get better. Rather, getting back on the same horse that threw him to the ground is what fueled his recovery and eventually made him one of the most unlikely champions you'll ever meet.



**BOBBY MAIDEN, JR.**

- 51 Years Old
- Shop Foreman at Maiden & Sons garage on Market Street
- Graduated from Northside HS in 1979
- Began riding bikes in 2006 at the age of 46
- Rides Kawasaki models KX250 & KX450

**Voyage**



## GEAR HEAD FROM BIRTH

He didn't come out of the womb with oil and grease under his fingernails, but he might as well have. Taking things apart and putting them back together and then doing it all over again has been a Maiden trait from an early age. He proudly tells anyone who asks that he "got it honest" from his dad, Bobby Maiden, Sr., the well known and highly respected mechanic, who has been a car-repairing fixture in the Salem area for over 45 years.

"I just had that gear head blood in me from the start and as I grew up, everything I owned, including my bicycles were torn apart," he says. "Dad was the service manager at the old Harvest Motors when I was in high school, so I got out of school at 10 a.m. every day my senior year and went straight to work with him through the Distributive Education program."

He was an online commissioned mechanic while he was still in high school and it was also while he was at Northside High School in the late 1970s that he began drag racing motorcycles at New London, Elk Creek and other drag strips around the area. His bike of choice was a 1000cc Kawasaki with a four-stroke engine that often reached 140 miles an hour on the quarter-mile long courses.

His future wife saw him hit those speeds one night on a stretch of hard, unforgiving asphalt and basically told him he would have to make a choice between getting married and drag racing. Not surprisingly, the girl won out and Maiden quit racing altogether to begin raising a family and living the American Dream. From the time he was married to Carlene in 1980 until the time their son turned 16-years-old, he never rode another motorcycle.

But kids can make their parents do some crazy things, and about the time Bobby Maiden III was getting his driver's license that gear head blood started pumping through his veins, as well.

"In 2006, he decided he'd like to do some motocross racing, so both of us got dirt bikes and

began a father and son team, if you will," he says. "Traveling to these tracks on the weekends and racing was our quality time together."

It had been 25 years since he'd ridden a motorcycle and he and his son shared some incredible times and made a lot of memories together. But history has an uncanny way of repeating itself. Three years into their racing excursions, a young lady told Bobby III that he too would have to choose between dirt bikes and dating, and while that moment marked the end of the father-son race team, it's where our story of overcoming the odds truly begins.

## TOO MUCH, TOO SOON

Those three years of riding with his son were both satisfying and exhilarating, but not enough of either to make Bobby Maiden, Jr. stop riding competitively. By 2009, he no longer was packing two of everything for his weekend races, but instead traveling solo to the American Motorcyclists Association's sanctioned tracks for races in Virginia, North Carolina and Maryland.

Racing Kawasaki KX250 and KX450 motorcycles from late winter through November became a way of life almost every weekend. In September of 2009, he headed down Route 460 and eventually rolled into the South Fork Motocross Park in Disputanta, Virginia near Sussex. It was Labor Day weekend and Maiden knew he had a lot of work to do.

He was now riding in a Pro Class event, which was a major step-up from where he'd raced most of the previous three years with his son. When practicing by himself on the track, he could easily handle the speed of this division, but he soon realized that with motorcycles and veteran riders all around him, it was a different story.

"I know now that I wasn't mentally ready for it and that I was riding above my limit," he says. "When you are bike-to-bike it takes a mental state of mind that I just wasn't ready for at that time."

It would have been nice to realize this before he was nearly paralyzed and had to spend nine months of his life rehabbing his way to the point where he could just stand up straight and walk, but his stubborn, competitive streak wouldn't let him back out of the event.

At a section on the course known as "Rhythms" riders had to negotiate and clear a set of double jumps while traveling at about 45 miles an hour. Maiden was rolling through the jumps just fine until he cleared one and noticed a rider in front of him was going about 15 miles an hour slower. If he had been more experienced, he may have been able to anticipate the scenario better, but by the time he saw the rider in front of him, he had only two choices – plow into him or violently hit the brakes on his own bike.







Maiden admits he wasn't mentally ready to race side-by-side with other riders before breaking his T6 vertebrae in a 2009 accident.

Photos courtesy Bobby Maiden

## DOWN AND OUT

The brakes worked, the bike stopped dead in its tracks and avoided hitting the other competitor, but Maiden was thrown off of the motorcycle, knocked unconscious and injured far worse than he knew at the time.

"I don't know how, but when I came to I was standing and some guys helped carry me to my truck," he says. "I knew I was hurt, but more than anything I was scared and really in what they call injury denial."

As luck would have it, his son was just 90 minutes away in Virginia Beach with some friends and he immediately called him to come to his aid and drive him back to the Roanoke Valley. Moments after he hung up the phone, the pain his back intensified to the point that he could no longer hold himself up in a sitting position and when his son arrived, he was flat on his back and could barely move.

"I knew I was hurt, but I didn't want to go to a strange hospital that far from home," he says. "So I managed to get in the truck and my son drove me three and half hours back home."

Maiden didn't feel any better when he got home, but neither did he feel much worse. He just wanted to stretch out on his bed and go to sleep. He now knows it's a wonder he ever woke up

again. The next morning, he couldn't lift his head and could barely move his extremities. Rescue personnel had to transport him to LewisGale Medical Center and eventually to Carilion Roanoke Memorial where doctors told him he had broken the T6 Thoracic vertebrae in his upper back in four different places.

The swelling in his back and neck was so intense that surgeons had to wait two days to operate on him. They placed two six-inch titanium rods and 10 screws in his upper back to repair the break and give him a shot at being able to stand up straight and walk again.

Maiden spent two weeks in the hospital, another month in rehab and missed 10 weeks of work at the family-owned Maiden and Sons garage on Market Street. When he finally returned to the shop, he was moving slowly, but thankful to be upright.

The gear head blood was pumping again.

## BACK IN THE SADDLE

When any individual, including professional and recreational riders, has a motorcycle accident there is no "in-between." He or she

either quits riding altogether or gets back in the saddle.

"Nine months after the accident I didn't get back on the bike because I had a death wish," he says. "It was because I believed in something and I just had to figure out a way to do it and stay



**"I knew I was hurt, but more than anything I was scared and really in what they call injury denial."**



Now 51 years old, Maiden looks to defend his championship.

safe this time around.”

In 2011, with two rods in his back and reminders of the accident still very vivid in his mind, Maiden returned to racing in an amateur class made up of drivers over the age of 40. It was a smarter and more conservative approach that immediately paid dividends for him. He ran 24 races that year, won a handful of events, never crashed, and at the end of the season was crowned the series champion. One of the stops on that tour was a return trip to Disputanta to face the same track that broke his back just two years earlier.

“There’s no doubt it made me question my sanity and I’d be lying if I said it wasn’t on my mind,” he says. “Honestly, I was so nervous I thought I was going to puke.”

Most weekend warriors would have considered that type of successful comeback and championship a crowning

# NOTEWORTHY MECHANIC

Bobby Maiden, Sr. has been tuning cars and guitars his entire life.

BY MIKE STEVENS

Maiden and Sons Garage has been an integral part of Salem for over 30 years. In that time, owner Bobby Maiden, Sr. estimates he, his sons and a few other employees have worked on nearly two million cars in their shop on Market Street.

“We have never spent a dollar on advertising,” he says proudly. “Our motto is do good work and that’s all you need because your customers will be out there talking and saying good things about you.”

Maiden’s solid, honest and affordable repair work caught the eye of Advance Auto Parts nearly 20 years ago when he became

the company’s first commercial delivery customer. Advance was just beginning its Parts Delivered Quickly (PDQ) program and many mechanics were skeptical when it came to having brakes and alternators delivered to their shops. Maiden basically went door-to-door and convinced his friends and competitors to buy into Advance’s new way of doing business.

He literally became the poster boy for the company in the early to mid-1990s starring in one of their big ad campaigns. He’s used over \$4 million worth of their parts in his shop alone and to this day touts the company’s way of doing business.

“Advance takes care of the customer regardless of what it costs and that’s what I have to have for my business,” he says.

Maiden grew up in Bristol, the birthplace of bluegrass, where he learned as much about strumming a guitar as he did about tweaking a carburetor. He was able to play with some legends of the music genre growing up in far southwest Virginia. He and his sister and future brother-in-law ran around with Ralph Stanley, the Carter Family and Jim and Jesse and often played alongside them in the Tri-Cities area.

“I was also fortunate to play with Lester Flatt at Kings Dominion just about three weeks before he died,” he says. “He was so weak he couldn’t stand up to sing and had to do most of the show sitting down.”



Bobby Maiden Sr. was featured in national Advance Auto advertisements.



accomplishment, but not Maiden. The only way he could truly put the demons of his crash in 2009 behind him for good was to return to the AMA Pro Class and prove that he was now better qualified to race with the big boys.

"My riding still wasn't where it needed to be so I got serious in every phase of my life before that season," he says. "I ate right, slept right, trained right and most importantly got my mind right," he says. "I made sure I was the best husband and father I could be, paid all my bills and cleared my mind, so I wouldn't have any excuses."

The self-imposed "house cleaning" produced incredible results. He won race-after-race, finished in the top three on a consistent basis, eventually captured the 2012 Pro Class Championship, culminated the season as the series top rider and stayed injury free.

"I didn't want to come out and toot my own horn, but I knew that I was finally a pro rider," he says. "My fellow competitors couldn't believe that I could come back and race with rods in my back much less win back-to-back championships."

Despite the success, Maiden isn't ready to stop racing just yet. In fact, his wife of 27 years - the same girl who made him quit drag racing - has become his biggest cheerleader. She actually thinks it pretty cool that her 51-year-old husband is a Pro Class Motocross Champion.

"I constantly hear the comments from people who say this is a young man's sport and that I should give it up, but for me this is a lifetime achievement and I remember each and every day how lucky I am," he says. "I just know that if you have a passion for anything, you need to do it until it hurts."

And Bobby Maiden, Jr. is living proof of just that. 🦅



**TOP:** Maiden has been the president of the Roanoke Fiddle and Banjo Club for nine years.  
**RIGHT & BELOW:** Maiden and his son Bobby, Jr. have been running their auto repair shop on Market Street for over 30 years.



For the past nine years, Maiden has been the President of the Roanoke Fiddle and Banjo Club. He not only performs in front of a live audience once a month, but he and other members of the club also work hard to pass along the old timey styles of music to the younger generation. He also still plays guitar and mandolin at the Salem Senior Center each week and sings in three different bluegrass and gospel groups, including Southland Grass.

This is the group that produced Gene Elders, the longtime fiddle player for country music icon George Strait and his Ace in the Hole Band. Elders has played with Strait, the Eagles, Joan Baez, Lyle Lovett, Dan Fogelberg and countless others, but at one time he was right alongside Maiden on our local stages.

"He started the Roanoke River Boys and then played with Southland Grass for about seven years," says Maiden. "He's so good, he gets bored playing."

Boredom isn't ever a problem for Maiden. He's set to turn 70-years-old later this year and along with his music and mechanic's work, he's also an accomplished photographer and master fisherman, which means he's caught 10 different species of citation size fish during his life ranging from catfish to stripers.

"I tell people that the secret to staying young is to keep working and not retire," he jokes. "Now, people can't retire until they're 90, so that won't be a problem." 🦅





# Salem G.P.S. Provides Direction

BY MIKE  STEVENS

## City employee wellness program continues to gain momentum.

It's been just over a year since the City of Salem decided to offer its employees some serious direction with a program appropriately named GPS.

"Get Physical Salem" is all about making city employees healthier, but anyone who has ever taken part in a workout or weight loss program knows that accomplishing a goal of that nature is easier said than done.

"When we got our initial employee baseline at our Health and Wellness Clinic, which is independently operated by Healthstat, we saw that 30 percent of our city employees had three serious health risk factors in diabetes, high cholesterol and high blood pressure," says Teri Atkins, Salem's Special Projects Manager. "So, we introduced the GPS program hoping to see those numbers go down."

Atkins and City Manager, Kevin Boggess knew they would need more than an armful of yoga mats and some kettle balls to even have a chance of making a dent in those numbers. So, they decided to bring in Richard Goodpasture, a person who not only understands fitness, but also has more than a passing interest and investment in the community.

"The people in Salem trusted me and that's why I was able to come in and do this," he says. "But the exciting part for me is removing myself from the program and shining the light on the employees who have embraced this program."

Goodpasture moved to Salem in the fifth grade and from that point on he learned how made his mark and make friends through the game of football. He was a two-time

all-state performer for Coach Willis White and the area's defensive player of the year his senior season at Salem in 1990. After many years serving as an assistant coach at his alma mater helping out his former sandlot teammate, head coach Stephen Magenbauer, Goodpasture is on board to lead this effort and instantly gave the city's program credibility.

"Playing and coaching football has taught me that it's about confidence and believing that you have what it takes," he says. "Whether we want to believe it or not, we all have gifts, and my hope is to help people bring their own gifts to the surface."

Goodpasture played football for both Bill Dooley and Jim Caldwell at Wake Forest and was a member of the Demon Deacons 1992 Independence Bowl Championship team that beat Oregon 39-35. He played his way into the Demon Deacons' starting lineup by the time he was a

RICHARD & ROBYN  
GOODPASTURE





sophomore and he also met his wife, Robyn, while the two were students in Winston-Salem. Together, they have three children and a desire to help people of all ages get their bodies and their minds in shape.

"The employees in the city we are touching are a captive audience in that they are willing to hear what Robyn and I have to say," he says. "For me, this is a true way to give back because these people want to be in the classes and better themselves."

The Goodpastures conduct the workouts along with another of the valley's well-respected fitness gurus, Anthony Ferguson. They use everything from P90X principles to old fashioned pushups to get results. Their only requirement is that you give 100 percent.

"We tried to put this together, so you could have a 19-year-old in here working out alongside a 60-year-old because it's all based on pace," he says. "This way, everyone can participate, it's positive and it's not an intimidating experience like so many gyms are."

The classes are comprised of people of all shapes and sizes from various departments and different age groups. In fact, one of the regulars is Salem Mayor Randy Foley, himself a former Salem football star and ACC performer at the University of Virginia.

"Hopefully, this will lead to happier, healthier, more productive employees who require fewer doctors' visits and save the employees and the taxpayers money," says Foley. "It's been rewarding to see how this fitness initiative also



## WORKOUT CLASSES



has enhanced the camaraderie between employees from different departments."

The friendships that have been cultivated and developed during the workouts are the most satisfying, yet unexpected benefit from the program. People from different departments and areas of the city who may have only known each other by name, now speak regularly about everything from muscle soreness to protein shakes.

"The uniqueness to me about this program is the camaraderie," says Ferguson. "It helps the exercises and the workouts come together better because these people are supporting each other and you can tell they want to be around each other, and as a result they consistently attend the classes."

In 12 months, participants are seeing the results. One woman has lost over 50 pounds, another more than 30 and others have reduced their risk factors enough that their doctors have either reduced or eliminated their medications.

"I believe Salem is on the right path to creating a work environment that is health-minded and fitness focused," says Robyn. "In time, I believe this way of thinking will be a part of the culture, which is huge for our ultimate desire to see true transformation. By far this has been one of the most significant and special projects I have been a part of because I get to give back to the people who serve my community and make my life special."

And that attitude is keeping this GPS route right on track. 🦅



ANTHONY  
FERGUSON  
INSTRUCTOR

# STORM WATER SURVEY

As part of the City's storm water management plan, a survey was sent to citizens of Salem in utility bills. The overall response rate statistics is presented below. Citizens and businesses participated in the questionnaire.

**(1) Are you a resident of Salem or a business?**

Resident: 2818 (98%)  
Business: 51 ( 2%)

**(2) Do you live in a house or apartment?**

House: 2422 (83%)  
Apartment: 408 (14%)  
Not a resident: 79 ( 3%)

**(3) How long have you been living in the City of Salem?**

Less than 1 year: 160 ( 6%)  
1-5 years: 414 (14%)  
More than 5 years: 2293 (80%)

**(4) What is your age?**

<18: 0  
18-35: 306 (11%)  
35-60: 919 (33%)  
60 or older: 1521(56%)

**(5) What is your gender?**

Female: 1608 (56%)  
Male: 1243 (44%)

**(6) What is the highest level of education you completed?**

High School: 874 (31%)  
Some College: 644 (23%)  
2-year degree: 266 ( 9%)  
4-year degree or higher: 1036 (37%)

**(7) How much do you know about storm water pollution?**

Nothing: 870 (31%)  
A little: 1717 (61%)  
A lot: 247 ( 8%)

**(8) Do you think the City of Salem has a problem with storm water pollution?**

Yes: 330 (12%)  
No: 770 (28%)  
Maybe: 1651 (60%)







**(9) Do you know if the City of Salem has any projects that deal with storm water pollution?**

Yes: 480 (18%)  
No: 2236 (82%)

**(10) If yes, how did you learn about projects?**

Information pamphlets released and distributed by the City of Salem: 354 (28%)  
From the Website: 46 ( 3%)  
Heard from a friend: 177 (14%)  
Television: 114 ( 9%)  
Non-applicable: 482 (37%)  
Other: 114 ( 9%)

**(11) Do you know where storm drains empty?**

Treatment Plant, then river: 161 ( 6%)  
Straight into river: 797 (31%)  
Don't know: 1583 (63%)

**(12) How often do you dispose of unused fertilizers or pesticides by pouring them out on the ground?**

Usually: 15 ( 1%)  
Sometimes: 102 ( 3%)  
Never: 2291 (77%)  
Dispose of them in the garbage: 197 ( 7%)  
Dispose at Hazardous Waste Day: 345 (12%)

**(13) How many times a year do you fertilize your lawn?**

1-2: 1003 (35%)  
2-6: 389 (14%)  
Monthly: 13 ( 1%)  
Non-Applicable: 1413 (50%)

**(14) Do you pick up your dog's feces and dispose of it?**

Yes: 731 (26%)  
No: 290 (10%)  
N/A: 1830 (64%)

**(15) Where do you wash your car?**

Home: 528 (18%)  
Commercial: 1355 (47%)  
Both: 727 (25%)  
Non-applicable: 272 (10%)

**(16) How many times a month do you wash your car?**

0-1: 2233 (83%)  
2: 321 (12%)  
3: 89 ( 3%)  
More: 38 ( 2%)





# CITY f SALEM

2012 WATER QUALITY REPORT

**W**e're pleased to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality of water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is the Roanoke River, and three ground water wells. In emergency situations, we purchase or exchange water with the Western Virginia Water Authority (WVWA) which is treated water from the Spring Hollow Reservoir, Carvins Cove and Crystal Springs.

The Virginia Department of Health has

completed a source water assessment for our waterworks system. This assessment provides information on possible sources of contamination to our source water. As determined by the source water assessment, the possibility of contamination to our water source (Roanoke River) is high. This is due to the fact that surface water is exposed to an inconsistent array of contaminants at varying concentrations due to changing hydrologic, hydraulic and atmospheric conditions with land use activities of concern in the assessment area. To view a copy of this water assessment, please contact the City of Salem Water Department office at 540-375-3029.

**Please remember that we need your help in the protection of this valuable water resource.**



## WHAT'S NEW?

We constantly monitor for various constituents in the water supply to meet all regulatory requirements. Monitoring various sites in the distribution system helps us to better protect public health. During 2013 we will be monitoring for Synthetic Organic Contaminants, including pesticides and herbicides.

## WHO CAN I CONTACT?

This report shows our water quality and what it means. If you have any questions concerning this report or your water utility, please contact Frank Young – Chief Filter Plant Operator, Marcus Potts – Chemist, or Caleb Taylor – Director of the Water and Sewer Department at 540-375-3029. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of the regularly scheduled City Council meetings. They are held on the second and fourth Monday of each month in council chambers.

The City of Salem Water Department routinely monitors for constituents in your drinking water mandated by Federal and State laws. The following table shows the results of our monitoring for the period of January 1st to December 31st, 2012. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some constituents. It's important to remember that the presence of these constituents does not necessarily pose a health risk.

In the following table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

*Non-Detects (ND)* - laboratory analysis indicates that the constituent is not present.

*Parts per million (ppm) or Milligrams per liter (mg/l)* - one part per million corresponds to one minute in two years or a single penny in \$10,000.

*Parts per billion (ppb) or Micrograms per liter* - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

*Parts per trillion (ppt) or Nanograms per liter (nanograms/l)* - one part per trillion corresponds to one minute in 2,000,000 years, or a single

penny in \$10,000,000,000.

*Parts per quadrillion (ppq) or Picograms per liter (picograms/l)* - one part per quadrillion corresponds to one minute in 2,000,000,000 years or one penny in \$10,000,000,000,000.

*Picocuries per liter (pCi/L)* - picocuries per liter is a measure of the radioactivity in water.

*Millirems per year (mrem/yr)* - measure of radiation absorbed by the body.

*Million Fibers per Liter (MFL)* - million fibers per liter is a measure of the presence of asbestos fibers that are longer than 10 micrometers.

*Nephelometric Turbidity Unit (NTU)* - nephelometric turbidity unit is a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

*Action Level* - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

*Treatment Technique (TT)* - A treatment technique is a required process intended to reduce the level of a contaminant in drinking water.

*Maximum Contaminant Level* - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

*Maximum Contaminant Level Goal* - The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

## WHAT DOES THIS MEAN?

As you can see by the table, our system had no violations. We're proud that your drinking water meets or exceeds all Federal and State requirements. We have learned through our monitoring and testing that some constituents have been detected. The USEPA has determined that your water IS SAFE at these levels. In order to ensure that tap water is safe to drink, USEPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. (MCL's are set by the U.S. Environmental Protection Agency. In developing the standards EPA assumes that the average adult drinks two (2) liters of water

each day throughout a 70-year life span. The USEPA generally sets MCL's at levels that will result in no adverse health effects for some contaminants or a one-in-ten-thousand to one-in-a-million chance of having the described health effect for other contaminants.) Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same public health protection. This table lists contaminants that had some level of detection. Many other contaminants were analyzed for but were not present or were below the detection limits of the lab equipment. Most of the results in the table are from testing done in 2012. However, state and federal agencies allow us to monitor for some contaminants less than once per year because the concentrations of the contaminants do not change frequently. Some of our data, though accurate, is more than one year old.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791) or [www.epa.gov/safewater/hotline/index.html](http://www.epa.gov/safewater/hotline/index.html)

To learn even more about your water after reviewing this report, please call our office at 540-375-3029 or visit the City's website at [www.ci.salem.va.us](http://www.ci.salem.va.us).

We at the City of Salem Water Department work around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.

# SALEM

## WATER DEPARTMENT



TEST RESULTS						
Contaminant	Violation Y/N	Level Detected	Unit Measurement	MCLG	MCL	Likely Source of Contamination
<b>Microbiological Contaminants</b>						
1. Total Coliform Bacteria	N	3 samples	P/A	0	presence of coliform bacteria > 5% of monthly samples	Naturally present in the environment
2. Fecal coliform and <i>E. coli</i>	N	0 samples	P/A	0	a routine sample and repeat sample are total coliform positive, and one is also fecal coliform or <i>E. coli</i> positive	Human and animal fecal waste
3. Turbidity	N	0.018 -0.178	NTU	n/a	0.3	Soil runoff
4. Cryptosporidium <b>Most recent monitoring period 2008-2010</b>	N	1-2	Oocysts per 10 liters	0	99% removal by filtration plus addition as required under the LT2ESWTR	Human and animal fecal waste <b>THIS IS UNTREATED WATER!!</b>
5. Giardia lamblia <b>Most recent monitoring period 2008-2010</b>	N	2-7	Cysts per 10 liters	0	99.9% removal or inactivation	Human and animal fecal waste <b>THIS IS UNTREATED WATER!!</b>
<b>Radioactive Contaminants</b>						
6. Beta/photon emitters	N	2.0	pCi/l	0	4	Decay of natural and man-made deposits
7. Alpha emitters	N	<1.1	pCi/l	0	15	Erosion of natural deposits
8. Combined radium	N	0.8	pCi/l	0	5	Erosion of natural deposits
<b>Inorganic Contaminants</b>						
9. Antimony	N	< 2	ppb	6	6	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
10. Arsenic	N	< 2	ppb	n/a	10	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes
11. Aluminum	N	0.141	ppm	0.05-0.20	0.20	Metal used in electrical conductors, explosives, paints, photography, utensils
12. Barium	N	0.0419	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
13. Beryllium	N	< 2	ppb	4	4	Discharge from metal refineries and coal-burning factories; discharge from electrical, aerospace, and defense industries
14. Cadmium	N	< 2	ppb	5	5	Corrosion of galvanized pipes; erosion of natural deposits; discharge from metal refineries; runoff from waste batteries and paints
15. Chromium	N	< 10	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits
16. Copper <b>Most recent monitoring period 2010</b>	N	0.0055 - 0.1250	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
17. Silver	N	<0.01	ppm	n/a	0.10	Naturally occurring in environment
18. Chloride	N	10.7	ppm	n/a	250	Naturally occurring in environment
19. Sulfate	N	17.0	ppm	n/a	250	Naturally occurring in environment
20. pH	N	7.23-8.10	pH units	n/a	6.6 – 8.5	Acidity or basicity of water
21. Total dissolved solids	N	193	ppm	n/a	500	Physical property of water
22. Iron	N	< 0.05	ppm	n/a	0.3	Naturally occurring in environment
23. Manganese	N	0.0457	ppm	n/a	0.05	Naturally occurring in environment
24. Nickel	N	< 0.01	ppm	n/a	0.1	Naturally occurring in environment, Used in alloys, protective coatings
25. Zinc	N	< 0.005	ppm	n/a	5	Naturally occurring in environment, Used in alloys, batteries, fungicides
26. Color	N	<5	Color units	n/a	15	Physical property of water
27. Sodium	N	5.50	ppm	n/a	n/a	Naturally occurring in environment



28. Chlorine	N	0.94-1.56	ppm	4	4	Required disinfectant added during the treatment process to eliminate bacteria
29. Fluoride	N	0.66-0.94	ppm	4	4	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
30. Lead <b>Most recent monitoring period 2010</b>	N	0.2 - 6.2	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits
31. Mercury (inorganic)	N	< 0.2	ppb	2	2	Erosion of natural deposits; discharge from refineries and factories; runoff from landfills; runoff from cropland
32. Nitrate/Nitrite (as Nitrogen)	N	0.31	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
33. Ortho Phosphate	N	<0.05	ppm	n/a	n/a	Used in drinking water treatment
34. Selenium	N	< 0.01	ppm	0.05	0.05	Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines
35. Thallium	N	< 2	ppb	0.5	2	Leaching from ore-processing sites; discharge from electronics, glass, and drug factories
36. Hardness	n/a	141-244	ppm	n/a	n/a	Primary dissolved limestone minerals from soil and rock materials
37. Alkalinity	n/a	112-195	ppm	n/a	n/a	Primary dissolved limestone minerals from soil and rock materials
<b>Synthetic Organic Contaminants including Pesticides and Herbicides</b>						
38. 2,4-D	N	< 0.5	ppb	70	70	Runoff from herbicide used on row crops
39. 2,4,5-TP (Silvex)	N	< 0.5	ppb	50	50	Residue of banned herbicide
40. Carbaryl	N	< 0.5	ppb	0	700	A pesticide used on forest lands
41. Alachlor	N	< 0.5	ppb	0	2	Runoff from herbicide used on row crops
42. Atrazine	N	< 0.5	ppb	3	3	Runoff from herbicide used on row crops
43. Benzo(a)pyrene (PAH)	N	< 0.2	ppb	0	0.2	Leaching from linings of water storage tanks and distribution lines
44. Carbofuran	N	< 0.9	ppb	40	40	Leaching of soil fumigant used on rice and alfalfa
45. Chlordane	N	< 0.5	ppb	0	2	Residue of banned termiticide
46. Dalapon	N	< 0.5	ppb	200	200	Runoff from herbicide used on rights of way
47. Di(2-ethylhexyl) adipate	N	< 0.5	ppb	400	400	Discharge from chemical factories
48. Di(2-ethylhexyl) phthalate	N	< 0.5	ppb	0	6	Discharge from rubber and chemical factories
49. Dibromochloropropane	N	< 0.2	ppb	0	0.2	Runoff/leaching from soil fumigant used on soybeans, cotton, pineapples, and orchards
50. Dinoseb	N	< 0.5	ppb	7	7	Runoff from herbicide used on soybeans and vegetables
51. Diquat	N	< 0.4	ppb	20	20	Runoff from herbicide use
52. Methomyl	N	< 0.5	ppb	0	200	Broad spectrum insecticide
53. Aldicarb Sulfoxide	N	< 0.5	ppb	0	4	Runoff from insecticide use, applied directly to soil
54. Aldicarb Sulfone	N	< 0.7	ppb	0	2	Runoff from insecticide use, applied directly to soil
55. Aldicarb	N	< 0.5	ppb	0	3	Runoff from insecticide use, applied directly to soil
56. Ethylene dibromide	N	< 0.1	ppb	0	0.05	Discharge from petroleum refineries
57. Dicamba	N	< 0.1	ppb	200	200	Runoff from herbicide use
58. Heptachlor	N	< 0.04	ppb	0	0.4	Residue of banned termiticide
59. Heptachlor epoxide	N	< 0.02	ppb	0	0.2	Breakdown of heptachlor
60. Hexachlorobenzene	N	< 0.5	ppb	0	1	Discharge from metal refineries and agricultural chemical factories
61. Hexachlorocyclopentadiene	N	< 0.5	ppb	50	50	Discharge from chemical factories

62. Lindane	N	< 0.02	ppb	0.2	0.2	Runoff/leaching from insecticide used on cattle, lumber, gardens
63. Methoxychlor	N	< 0.5	ppb	40	40	Runoff/leaching from insecticide used on fruits, vegetables, alfalfa, livestock
64. Oxamyl [Vydate]	N	< 1.0	ppb	200	200	Runoff/leaching from insecticide used on apples, potatoes and tomatoes
65. PCBs [Polychlorinated biphenyls]	N	< 0.5	ppb	0	0.5	Runoff from landfills; discharge of waste chemicals
66. Pentachlorophenol	N	< 0.5	ppb	0	1	Discharge from wood preserving factories
67. Picloram	N	< 0.5	ppb	500	500	Herbicide runoff
68. Simazine	N	< 0.5	ppb	4	4	Herbicide runoff
69. Toxaphene	N	< 0.5	ppb	0	3	Runoff/leaching from insecticide used on cotton and cattle

Volatile Organic Contaminants						
70. Benzene	N	< 0.5	ppb	0	5	Discharge from factories; leaching from gas storage tanks and landfills
71. Carbon tetrachloride	N	< 0.5	ppb	0	5	Discharge from chemical plants and other industrial activities
72. Chlorobenzene	N	< 0.5	ppb	100	100	Discharge from chemical and agricultural chemical factories
73. o-Dichlorobenzene	N	< 0.5	ppb	600	600	Discharge from industrial chemical factories
74. p-Dichlorobenzene	N	< 0.5	ppb	75	75	Discharge from industrial chemical factories
75. 1,2 - Dichloroethane	N	< 0.5	ppb	0	5	Discharge from industrial chemical factories
76. 1,1 - Dichloroethylene	N	< 0.5	ppb	7	7	Discharge from industrial chemical factories
77. cis-1,2-Dichloroethylene	N	< 0.5	ppb	70	70	Discharge from industrial chemical factories
78. trans - 1,2 -Dichloroethylene	N	< 0.5	ppb	100	100	Discharge from industrial chemical factories
79. Dichloromethane	N	< 0.5	ppb	0	5	Discharge from pharmaceutical and chemical factories
80. 1,2-Dichloropropane	N	< 0.5	ppb	0	5	Discharge from industrial chemical factories
81. Ethylbenzene	N	< 0.5	ppb	700	700	Discharge from petroleum refineries
82. Styrene	N	< 0.5	ppb	100	100	Discharge from rubber and plastic factories; leaching from landfills
83. Tetrachloroethylene	N	< 0.5	ppb	0	5	Leaching from PVC pipes; discharge from factories and dry cleaners
84. 1,2,4 -Trichlorobenzene	N	< 0.5	ppb	70	70	Discharge from textile-finishing factories
85. 1,1,1 - Trichloroethane	N	< 0.5	ppb	200	200	Discharge from metal degreasing sites and other factories
86. 1,1,2-Trichloroethane	N	< 0.5	ppb	3	5	Discharge from industrial chemical factories
87. Trichloroethylene	N	< 0.5	ppb	0	5	Discharge from metal degreasing sites and other factories
88. TTHM [Total trihalomethanes]	N	8-41	ppm	0	80	By-product of drinking water chlorination
89. HAA5 [Haloacetic acids]	N	21-69	ppm	n/a	60	By-product of drinking water chlorination
90. Toluene	N	< 0.5	ppm	1	1	Discharge from petroleum factories
91. Vinyl Chloride	N	< 0.2	ppb	0	2	Leaching from PVC piping; discharge from plastics factories
92. Xylenes	N	< 0.5	ppb	1000	1000	Discharge from petroleum factories; discharge from chemical factories

Total Organic Carbon						
93. Total Organic Carbon	N	0.54-1.28	ppm	n/a	Treatment Technique (see note #93)	Naturally present in the environment





City of Salem water lab

## Lead and Copper Analysis (Most recent monitoring period 2010)\*

Contaminant	Unit of Measurement	MCLG	MCL	Level Found	Action Level Exceeded	Samples > AL	Typical Source of Contamination
Copper	ppm	1.3	AL=1.3	0.095	No	0	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead	ppb	0	AL=15	3	No	0	

Analysis frequency is every three years; thirty samples are collected from the distribution system

### Microbiological Contaminants:

**(1) Total Coliform.** Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present.

**(2) Fecal coliform/E.Coli.** Fecal coliforms and E. coli are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.

**(3) Turbidity.** Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and associated headaches.

**(4) Cryptosporidium.** Pathogenic protozoa that is widely distributed in nonpotable water supplies. This organism can cause gastrointestinal illness (e.g. diarrhea, vomiting, cramps).

**(5) Giardia lamblia.** Pathogenic protozoa that is widely distributed in nonpotable water supplies. This organism can cause

gastrointestinal illness (e.g. diarrhea, vomiting, cramps).

### Radioactive Contaminants:

**(6) Beta/photon emitters.** Certain minerals are radioactive and may emit forms of radiation known as photons and beta radiation. Some people who drink water containing beta and photon emitters in excess of the MCL over many years may have an increased risk of getting cancer.

**(7) Alpha emitters.** Certain minerals are radioactive and may emit a form of radiation known as alpha radiation. Some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer.

**(8) Combined Radium 226/228.** Some people who drink water containing radium 226 or 228 in excess of the MCL over many years may have an increased risk of getting cancer.

### Inorganic Contaminants:

**(9) Antimony.** Some people who drink water containing antimony well in excess of the MCL over many years could experience increases in blood cholesterol and decreases in blood sugar.

**(10) Arsenic.** Some people who drink water containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and

may have an increased risk of getting cancer.

**(11) Aluminum.** People at risk for health problems include dialysis patients. Symptoms of chronic aluminum exposure include softening of the bones and brain dysfunction.

**(12) Barium.** Some people who drink water containing barium in excess of the MCL over many years could experience an increase in their blood pressure.

**(13) Beryllium.** Some people who drink water containing beryllium well in excess of the MCL over many years could develop intestinal lesions.

**(14) Cadmium.** Some people who drink water containing cadmium in excess of the MCL over many years could experience kidney damage.

**(15) Chromium.** Some people who use water containing chromium well in excess of the MCL over many years could experience allergic dermatitis.

**(16) Copper.** Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their personal doctor.

**(17) Silver.** Since silver is not a health benefit



Roanoke River

for living organisms in any way, the body has a low capacity for absorbing it. Low amounts of ionic silver water intake are not harmful or life threatening in any way, but large intakes can prove to be extremely toxic. Water guidelines suggest an incredibly low amount of silver within drinking water because a high concentration of silver water can bond while boiling and create silver oxide. Silver water that contains silver nitrate can be even more harmful and cause dizziness, diarrhea, and vomiting.

**(18) Chloride.** Chlorides are not usually not harmful to people, however they can corrode metals and effect the taste of food products.

**(19) Sulfate.** Health concerns regarding sulfate in drinking water have been raised because of reports that diarrhea may be associated with the ingestion of water containing high levels of sulfate.

**(20) pH.** The U.S. E.P.A. does not regulate pH levels in drinking water, it is classified as a secondary water contaminant whose impact is considered aesthetic.

**(21) Total dissolved solids.** Total dissolved solids can give water a murky appearance and detract from the taste quality of the water.

**(22) Iron.** Elevated iron levels in water can cause stains in plumbing, laundry, and cooking utensils, and can impart objectionable tastes and colors to food.

**(23) Manganese.** Elevated manganese levels in water can cause stains in plumbing, laundry, and cooking utensils. Upon exposure to air or other oxidants, manganese will usually precipitate black.

**(24) Nickel.** Nickel is not known to cause any health problems when people are exposed to levels above the MCL for relatively short periods of time

**(25) Zinc.** Harmful effects generally begin at levels 10-15 times higher than the amount needed for good health. Large doses taken by mouth even for a short time can cause stomach cramps, nausea, and vomiting.

**(26) Color.** Color in drinking water is classified as a secondary water contaminant whose impact is considered aesthetic.

**(27) Sodium.** An essential element required for normal body function including nerve impulse transmission, fluid regulation, and muscle contraction and relaxation. However, in excess amounts, sodium increases individual risk of hypertension, heart disease, and stroke. One of the chief sources of sodium is the consumption of salt; therefore salt restrictions are often recommended as a first-line of treatment for individuals suffering from these conditions.

**(28) Chlorine.** Some people who use drinking water containing chlorine well in excess of EPA's standard could experience irritating effects to their eyes and nose and stomach discomfort.

**(29) Fluoride.** Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Children may get mottled teeth.

**(30) Lead.** Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Salem Water Department is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap 15 to 30 seconds or until it becomes cold or reaches a steady temperature before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your tested. Information on lead in drinking, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

**(31) Mercury (inorganic).** Some people who drink water containing inorganic mercury well in excess of the MCL over many years could experience kidney damage.

**(32) Nitrate.** Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue-baby syndrome.

**(33) Orthophosphate.** A commonly used corrosion inhibitor that is added to finished drinking water. Orthophosphate works by forming a protective coating inside of pipes in the distribution system and in customer homes to prevent lead from leaching into drinking water. It is approved for use in drinking water treatment by the USEPA, and certified by the National Sanitation Federation. It is not used at the City of Salem Water Plant.

**(34) Selenium.** Selenium is an essential nutrient. However, some people who drink water containing selenium in excess of the MCL over many years could experience hair or fingernail losses, numbness in fingers or toes, or problems with their circulation.

**(35) Thallium.** Some people who drink water containing thallium in excess of the MCL over many years could experience hair loss, changes in their blood, or problems with their kidneys, intestines, or liver.

**(36) Hardness.** Hardness does not pose a health risk and is not regulated by state or federal agencies. It often causes aesthetic problems, such as scaling on pipes and fixture; lowers detergent performance.

**(37) Alkalinity.** High alkalinity does not pose a health risk, but can cause aesthetic problems.

## *Synthetic organic contaminants including pesticides and herbicides:*

**(38) 2,4-D.** Some people who drink water containing the weed killer 2,4-D well in excess of the MCL over many years could experience problems with their kidneys, liver, or adrenal glands.

**(39) 2,4,5-TP (Silvex).** Some people who drink water containing silvex in excess of the MCL over many years could experience liver problems.

**(40) Carbaryl.** Carbaryl may reduce learning ability and aggravate viral diseases.

**(41) Alachlor.** Some people who drink water containing alachlor in excess of the MCL over many years could have problems with their eyes, liver, kidneys, or spleen, or experience anemia, and may have an increased risk of getting cancer.

**(42) Atrazine.** Some people who drink water containing atrazine well in excess of the MCL over many years could experience problems with their cardiovascular system or reproductive difficulties.

**(43) Benzo(a)pyrene [PAH].** Some people who drink water containing benzo(a)pyrene in excess of the MCL over many years may experience reproductive difficulties and may have an increased risk of getting cancer.

**(44) Carbofuran.** Some people who drink water containing carbofuran in excess of the MCL over many years could experience problems with their blood, or nervous or reproductive systems.

**(45) Chlordane.** Some people who drink water containing chlordane in excess of the MCL over many years could experience problems with their liver or nervous system, and may have an increased risk of getting cancer.

**(46) Dalapon.** Some people who drink water



containing dalapon well in excess of the MCL over many years could experience minor kidney changes.

**(47) Di (2-ethylhexyl) adipate.** Some people who drink water containing di (2-ethylhexyl) adipate well in excess of the MCL over many years could experience general toxic effects or reproductive difficulties.

**(48) Di (2-ethylhexyl) phthalate.** Some people who drink water containing di (2-ethylhexyl) phthalate in excess of the MCL over many years may have problems with their liver, or experience reproductive difficulties, and may have an increased risk of getting cancer.

**(49) Dibromochloropropane (DBCP).** Some people who drink water containing DBCP in excess of the MCL over many years could experience reproductive difficulties and may have an increased risk of getting cancer.

**(50) Dinoseb.** Some people who drink water containing dinoseb well in excess of the MCL over many years could experience reproductive difficulties.

**(51) Diquat.** Some people who drink water containing diquat in excess of the MCL over many years could get cataracts.

**(52) Methomyl.** Repeated exposure to methomyl may cause an unsuspected inhibition of cholinesterase, resulting in flu-like symptoms, such as weakness, lack of appetite, and muscle aches.

**(53) Aldicarb Sulfoxide.** The primary route of human exposure to aldicarb sulfoxide is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb sulfoxide.

**(54) Aldicarb Sulfone.** The primary route of human exposure to aldicarb sulfone is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb sulfone.

**(55) Aldicarb.** The primary route of human exposure to aldicarb is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb.

**(56) Ethylene dibromide.** Some people who drink water containing ethylene dibromide in excess of the MCL over many years could experience problems with their liver, stomach, reproductive system, or kidneys, and may have an increased risk of getting cancer.

**(57) Dicamba.** Chronic exposure to dicamba can lead to the loss of appetite, vomiting, shortness of breath, and bluing of the skin and gums.

**(58) Heptachlor.** Some people who drink water containing heptachlor in excess of the MCL over many years could experience liver damage and may have an increased risk of getting cancer.

**(59) Heptachlor epoxide.** Some people who drink water containing heptachlor epoxide in excess of the MCL over many years could experience liver damage, and may have an increased risk of getting cancer.

**(60) Hexachlorobenzene.** Some people who drink water containing hexachlorobenzene in excess of the MCL over many years could experience problems with their liver or kidneys, or adverse reproductive effects, and may have an increased risk of getting cancer.

**(61) Hexachlorocyclopentadiene.** Some people who drink water containing hexachlorocyclopentadiene well in excess of the MCL over many years could experience

problems with their kidneys or stomach.

**(62) Lindane.** Some people who drink water containing lindane in excess of the MCL over many years could experience problems with their kidneys or liver.

**(63) Methoxychlor.** Some people who drink water containing methoxychlor in excess of the MCL over many years could experience reproductive difficulties.

**(64) Oxamyl [Vydate].** Some people who drink water containing oxamyl in excess of the MCL over many years could experience slight nervous system effects.

**(65) PCBs [Polychlorinated biphenyls].** Some people who drink water containing PCBs in excess of the MCL over many years could experience changes in their skin, problems with their thymus gland, immune deficiencies, or reproductive or nervous system difficulties, and may have an increased risk of getting cancer.

**(66) Pentachlorophenol.** Some people who drink water containing pentachlorophenol in excess of the MCL over many years could experience problems with their liver or kidneys, and may have an increased risk of getting cancer.

**(67) Picloram.** Some people who drink water containing picloram in excess of the MCL over many years could experience problems with their liver.

**(68) Simazine.** Some people who drink water containing simazine in excess of the MCL over many years could experience problems with their blood.

**(69) Toxaphene.** Some people who drink water containing toxaphene in excess of the MCL over many years could have problems with their kidneys, liver, or thyroid, and may have an increased risk of getting cancer.

## *Volatile Organic Contaminants:*

**(70) Benzene.** Some people who drink water containing benzene in excess of the MCL over many years could experience anemia or a decrease in blood platelets, and may have an increased risk of getting cancer.

**(71) Carbon Tetrachloride.** Some people who drink water containing carbon tetrachloride in excess of the MCL over many years could experience problems with their liver and may have an increased risk of getting cancer.

**(72) Chlorobenzene.** Some people who drink water containing chlorobenzene in excess of the MCL over many years could experience problems with their liver or kidneys.

**(73) o-Dichlorobenzene.** Some people who drink water containing o-dichlorobenzene well in excess of the MCL over many years could experience problems with their liver, kidneys, or circulatory systems.

**(74) p-Dichlorobenzene.** Some people who drink water containing p-dichlorobenzene in excess of the MCL over many years could experience anemia, damage to their liver, kidneys, or spleen, or changes in their blood.

**(75) 1,2-Dichloroethane.** Some people who drink water containing 1,2-dichloroethane in excess of the MCL over many years may have an increased risk of getting cancer.

**(76) 1,1-Dichloroethylene.** Some people who drink water containing 1,1-dichloroethylene in excess of the MCL over many years could experience problems with their liver.

**(77) cis-1,2-Dichloroethylene.** Some people who drink water containing cis-1,2-dichloroethylene in excess of the MCL over many years could experience problems with their liver.

**(78) trans-1,2-Dichloroethylene.** Some people who drink water containing trans-1,2-dichloroethylene well in excess of the MCL over many years could experience problems with their liver.

**(79) Dichloromethane.** Some people who drink water containing dichloromethane in excess of the MCL over many years could have liver problems and may have an increased risk of getting cancer.

**(80) 1,2-Dichloropropane.** Some people who drink water containing 1,2-dichloropropane in excess of the MCL over many years may have an increased risk of getting cancer.

**(81) Ethylbenzene.** Some people who drink water containing ethylbenzene well in excess of the MCL over many years could experience problems with their liver or kidneys.

**(82) Styrene.** Some people who drink water containing styrene well in excess of the MCL over many years could have problems with their liver, kidneys, or circulatory system.

**(83) Tetrachloroethylene.** Some people who drink water containing tetrachloroethylene in excess of the MCL over many years could have problems with their liver, and may have an increased risk of getting cancer.

**(84) 1,2,4-Trichlorobenzene.** Some people who drink water containing 1,2,4-trichlorobenzene well in excess of the MCL over many years could experience changes in their adrenal glands.

**(85) 1,1,1-Trichloroethane.** Some people who drink water containing 1,1,1-trichloroethane in excess of the MCL over many years could experience problems with their liver, nervous system, or circulatory system.

**(86) 1,1,2-Trichloroethane.** Some people who drink water containing 1,1,2-trichloroethane well in excess of the MCL over many years could have problems with their liver, kidneys, or immune systems.

**(87) Trichloroethylene.** Some people who drink water containing trichloroethylene in excess of the MCL over many years could experience problems with their liver and may have an increased risk of getting cancer.

**(88) TTHMs [Total Trihalomethanes].** Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.

**(89) HAA5s [Haloacetic acids].** Some people who drink water containing haloacetic acids in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.

**(90) Toluene.** Some people who drink water containing toluene well in excess of the MCL over many years could have problems with their nervous system, kidneys, or liver.

**(91) Vinyl Chloride.** Some people who drink water containing vinyl chloride in excess of the MCL over many years may have an increased risk of getting cancer.

**(92) Xylenes.** Some people who drink water containing xylenes in excess of the MCL over many years could experience damage to their nervous system.

**(93) Total Organic Carbon.** A parameter that is monitored to determine the probability of disinfection by-product formation (TTHMs no.88 and HAAs no.89) exceeding the MCL. Treatment Technique: The annual average removal ratio is  $\geq 1.0$ .

# EVENTS

## AROUND SALEM



### adult programs

#### **BALLROOM DANCING: BEGINNER/INTERMEDIATE (ADULT & TEEN)**

**Class is on-going.** This class offers a complete introduction to ballroom dancing. The class is perfect for beginners and those looking to polish their ballroom technique. You will learn the techniques necessary for moving with style and grace. No previous dance experience or partner is necessary.

#### **CHESS**

This chess group is for all levels of playing strength. One hour instruction.

#### **HANDBUILT CERAMICS**

Come stretch your creative muscles as you learn how to form original works of art in clay. The basic skills of hand-built ceramics will be taught through the pinch, coil, and slab methods using low fire clays and glazes.

#### **CERAMICS(INTERMEDIATE)**

This class is designed for the student who has prior experience with ceramics. Painting on



### Summer's almost here

**BOATER SAFETY** This classroom course is NASBLA approved and accepted by VDGIF to meet boater education and safety requirements.

resin, dry brushing, and other techniques will be introduced.

#### **CREATIVE AND FUN CRAFT PROJECTS (ages 12 – 99)**

Join Bev for a class filled with different creative projects each week where an assortment of colors, shapes and themes are used. Learn how to make paper gift items that are as personalized as you are and can be a keepsake for you or someone special.

#### **CROCHETING & KNITTING**

Learn the basics of crocheting and complete a couple of different projects in class.

#### **DOG OBEDIENCE**

This is a six-week course for dogs of any breed and any age. Dogs will learn to heel calmly on leash, react to different commands, and come when called.

#### **LADIES GOLF SOCIAL HOUR**

Learn all aspects of golf; putting, chipping, full swing, bunkers, etc. in an atmosphere of a fun, relaxed, social hour with friends. Instructor is Jen McLaughlin, LPGA Teaching Professional. Classes held at Hanging Rock Golf Course.

### for all ages

#### **TENNIS (ALL LEVELS)**

To register or get more information call Scott Gibson at 397-1257 or [gibson@roanoke.edu](mailto:gibson@roanoke.edu).

### health & fitness

#### **TOTAL SCULPTING**

**Two separate classes.** This class is designed to reduce body fat and sculpt muscles through a series of strength training

exercises using bands, free weights and more. Great program for a beginner level participant.

#### **YOGA (BEGINNER/ INTERMEDIATE)**

**Four class times offered.** Yoga is a great way to increase joint mobility, improve muscle tone and flexibility, and build balance. It also improves memory, focus, and attention, as well as promote an overall sense of well being.

#### **ZUMBA**

This activity is a dance aerobics workout with pulsating Latin music. Make your exercise fun and join us for this exciting class.

### youth/teens

#### **GUITAR FOR KIDS (AGES 8 - 12)**

Be a real life guitar hero! Build a basic foundation in guitar including tuning, playing "EZ" chords and riffs, and reading tablature.

#### **KNIT AND CROCHET (AGES 8 - 14)**

Learn basic knitting and crocheting stitches and how to read patterns.

#### **JUNIOR TEEN GOLF CLASS (AGES 13 – 17)**

Learn all aspects of golf; putting, chipping, full swing, bunkers, etc. in an atmosphere of a fun, relaxed hour. Instructor is Jen McLaughlin, LPGA Teaching Professional. Classes held at Hanging Rock Golf Course.

#### **EQUINE EDUCATION COURSE (AGES 5 – 14)**

This class is a full learning

Manager: Kathy Murphy  
[kmurphy@saalemva.gov](mailto:kmurphy@saalemva.gov)  
Supervisor: Vickie Sword  
[vsword@saalemva.gov](mailto:vsword@saalemva.gov)  
110 Union Street  
Phone: (540) 375-3054

\*REGISTER AND PAY FEES  
ON SALEM PARKS AND  
RECREATION WEB SITE OR  
MAKE CHECKS PAYABLE TO  
CITY OF SALEM AND MAIL  
TO 110 UNION STREET,  
SALEM, VA 24153 UNLESS  
OTHERWISE NOTED.

**For more info, new class listings and to sign up for these programs,  
head to [www.salemva.gov](http://www.salemva.gov) and click on "Parks & Recreation"**



equine experience. This course teaches basic horse safety, equine nutrition, basic horse care, different types of horses, how to properly tack and untack a horse, a riding demonstration, and a ride the last day of camp.

## summer camps

Registration for camps will begin on May 1

### EQUINE EDUCATION CAMP (AGES 5-14)

A full learning equine experience. This course teaches basic horse safety, equine nutrition, basic horse care, different types of horses, how to properly tack and untack a horse, a riding demonstration, and riding the last day of camp.

### FLY FISHING CAMP (AGES 12 – 18)

Come learn the technique of fly fishing from the professionals. (3-day camp)

### HANDBUILT CERAMICS (RISING 6TH-9TH GRADES)

(Exactly the same class is being offered two times – pick the week that suits your schedule) Learn to form original works of art in clay.

### ART CAMP (AGES 8-11)

(Exactly the same class is being offered in two separate sessions, please pick the time that best suits your schedule.) Salem Art Camp is a week-long art experience with Darlene Marshall and Mike Gibson. Campers will learn about artists, art techniques, and dabble in art history. Both camps are identical and are for students ages 8 – 11.

## senior center

110 UNION STREET

### MONDAYS

9 am - 12 noon – Bridge  
12:30 pm – Senior Mtn. Pickers  
12:30 pm – Painting with Phyl (second Monday of the month)  
7 – 9 pm – Cole Bluegrass Show (First Monday every month)

### TUESDAYS

9 am – Exercise  
10:15 am – Tai-Chi at College Lutheran Church  
10:30 am – Chair Caning and Basket Weaving  
2 pm – Ballroom dance, the first and third Tuesdays (second and fourth Tuesdays – Tea Dance)

### WEDNESDAYS

9 am – Tap dance  
10 am - 12 noon – Ceramics  
10 am – Needlework  
1 pm – Line Dance

### THURSDAYS

9 am – Exercise  
10 am – Quilting  
10 am – Art & Bridge on your own  
11 am – 49er's Plus Club Meeting  
12:30 pm – Sr. Singers Practice (first Thurs. w/appts other days)

12:30 pm – Canasta (hand & foot)

### FRIDAYS

9 am – Exercise  
10:30 am – Tai-Chi  
10:30 am – Senior Mtn. Pickers  
7 - 9 pm – Ballroom Dance

### THE BOB ROSS METHOD OF OIL PAINTING CLASSES

with Phyl Fralin are held the second Monday each month. The picture for the month is on display at the Senior Center. Cost is \$40 Sign up in the office to attend.

### “49ERS PLUS” CLUB

This group meets on the 1st and 3rd Thursday of each month at 11 am, and eats lunch out on the 2nd week. This club makes donations to organizations such as Rescue Squad & Red Cross.

### MONTHLY POT LUCK LUNCHEONS

These are fun, well-attended events with entertainment after the meal. They are held on the last Thursday of each month.

### SENIOR MTN. PICKERS

Enjoy an excellent group of stringed instrument musicians who play informally on Mondays at 12:30 pm and Fridays at 10:30 am at the Senior Center. You may join with an instrument if you play or you may attend as part of the audience.

### BALLROOM DANCE CLASS

This group meets the 1st & 3rd Tuesdays for class and then in the form of a TEA DANCE the 2nd and 4th Tuesday of the month from 2 - 4 pm. Music is provided and there is no fee but each person is asked to bring a snack food to share.

### SALEM SENIOR SINGERS

Practice on the 1st Thursday at 12:30 pm and sing on a regular basis for Snyder Nursing Home and other places in the Valley.

### SPECIAL TRIPS

These trips are planned for the year such as the Wytheville's Wohlfahrt Haus Dinner Theatre, Myrtle Beach, SC, Martin Luther King Performing Arts Center, Charlottesville, VA, and the Barn Dinner Theatre, Greensboro, NC. Stop by the Senior Center to pick up a trip list and to make your reservations to travel with us.

### SPECIAL FRIDAY EVENTS

We frequently make outings in our van or bus to local malls, shops and restaurants, or day trips to Swinging Bridge, Peaks of Otter, etc. Other Friday events include bingo, ice cream sundae day, movie day, crafts, parties, etc. A small fee may apply.

### MONTHLY NEWSLETTER

A calendar with news of our activities and outings is distributed at the Monthly Luncheons.



## Kids hit the links

**SALEM JUNIORS GOLF CAMP** This camp is designed for the first time player who has never been enrolled in formal lessons. Previous participants do not qualify. Players will receive a starter set of clubs and four days of lessons from the pros at Hanging Rock Golf Course.

## special events

Manager: Kathy Murphy  
kmurphy@salemva.gov  
Supervisor: Kristen Finley  
kfinley@salemva.gov  
620 Florida Street  
Phone: (540) 375-3057

**MARCH OF DIMES, MARCH FOR BABIES** May 5th, 1 p.m., 5 Mile Walk, Registration begins at 1 p.m., Salem Civic Center.

**62ND ANNUAL ERNEST "PIG" ROBERTSON FISHING RODEOS** April 27th Children Ages 3 – 8, 9 a.m. - Noon. April 29th Children with Disabilities Day, 10 a.m. - Noon. May 1st Nursing Home Patient's Day, 10 a.m. - Noon. May 4th Children ages 9 – 12, 9 a.m. - Noon. Lake Spring Pond, (540) 375-3057.

**MOVIES AT LONGWOOD** May 26th: Brave. June 29th: The Odd Life of Timothy Green. August 24th: Madagascar 3.

**September 14th:** Oz the Great and Powerful. Sponsored by Salem Parks & Recreation and Kiwanis Club of Salem. Bring a blanket and chairs and enjoy a movie under the stars!! Admission is free. Concessions will be available to purchase from Fun Times.

**RELAY FOR LIFE** June 14th - 15th, Noon on the 14th - Noon on the 15th, Salem High School Track, (540) 375-3057.

**SALEM DISTANCE RUN** Saturday, August 10th, 8 a.m., Longwood Park, Sponsored by Salem Parks & Rec & Southwest Health Focus. For more information call, (540) 444-2925.

**STAR-B-Q BASH** Saturday, September 28th, Salem Farmers Market.

**PUMPKINFEST** Saturday, October 26th, Salem Farmers Market, 11 a.m. - 2 p.m. Pumpkin give-away, Children's Activities, Carnival Games,

Costume Contest, Hay Rides, and a Pumpkin Auction. Trick or Treating with the Merchants – 10 – 11 a.m., Sponsored by Q99-FM and Salem Parks & Recreation. Proceeds benefit C.H.I.P (540) 375-3057.

## James I. Moyer Sports Complex

Manager : Eric O'Brien,  
eobrien@salemva.gov  
Supervisor: Scott Scharnus,  
sscharnus@salemva.gov,  
1000 Union Street, Salem  
(540) 375-4021

**APRIL 19TH - 21ST**  
Chance Crawford Benefit Adult Slow Pitch Tournament

**APRIL 26TH - 28TH**  
ODAC Women's Softball Championship

**MAY 4TH & 5TH**  
ASA Youth Spring Kick Off Youth Fast Pitch Tournament

**MAY 24TH - 28TH**  
NCAA Div. II Women's Fast Pitch Softball National Champ.

**JUNE 1ST & 2ND**  
NSA Youth June Jamboree Fast Pitch Softball Tournament

**JUNE 7TH & 8TH**  
VHSL Div. 1 State Softball

**JUNE 15TH & 16TH**  
NSA Youth Fast Pitch State Tournament

**JUNE 21ST - 23RD**  
ISF Senior World Cup Adult Slow Pitch Softball Championship

**JUNE 29TH & 30TH**  
USSSA Virginia NIT Baseball Tournament

**JULY 6TH & 7TH**  
USSSA Milton Stuart Invit. Adult Slow Pitch Tournament

**AUGUST 17TH & 18TH**  
NSA Youth Summer Finale Fast Pitch Softball Tournament

**AUGUST 24TH & 25TH**  
USSSA Class "E" Nationals Adult Slow Pitch Softball Tourn.

**AUG. 31ST - SEPT. 1ST**  
USSSA Church of God Adult Slow Pitch Softball Tournament

**SEPT. 7TH & 8TH**  
NSA Valley Thunder Youth Fast Pitch Softball Tournament

**SEPT. 14TH & 15TH**  
NSA Play the Valley Showcase Youth Fast Pitch Softball Tourn.

**SEPT. 21ST & 22ND**  
ASA /USA Heartland College Fast Pitch Showcase Series

**SEPT. 28TH & 29TH**  
Nations Baseball Fall State Tournament

**OCT. 5TH & 6TH**  
USSSA Western VA Fall State Baseball Tournament



## Jazz is about being in the moment

**JAZZ IN JULY** Saturday, July 20th, 3:00pm – "Sam Valentine and Split Decision", 4:15pm – "First Take", 5:30pm – "Star City Swing", 6:45pm – "Blue Mule's Bluegrass Jazz Experience", 8:00pm – "Jane Powell with Lenny Marcus & Friends". Beer, wine and food to purchase. Bring a blanket and chairs or stroll through the Juried Art Show as you listen to Jazz music. Sponsored by Salem Parks & Recreation & Salem Fine Arts Commission, (540) 375-3057.



## OCT. 12TH & 13TH

ASA JO/ Scrappers 18U &  
16U College Show Case Girls  
Fast Pitch Softball Tournament

## OCT. 19TH & 20TH

Nations Baseball Fall Nationals

## Salem Kiwanis Baseball Field

## APRIL 13TH

Roanoke College Baseball  
Game vs. Bridgewater

## APRIL 17TH

Roanoke College Baseball  
Game vs. Lynchburg College

## MAY 4TH & 5TH

10th Annual Central Virginia  
USSSA Middle School Baseball

## MAY 18TH - 19TH

Nations Baseball Summer State  
Tournament

## MAY 20TH - 24TH

VHSL River Ridge District  
Baseball Championship  
Tournament

## MAY 25TH & 26TH

USSSA Western VA Spring  
State Tournament

## JUNE 7TH & 8TH

VHSL Division 1 State  
Championship

## JUNE 14TH - 16TH

College Baseball Showcase  
Tournament

## JUNE 27TH - 30TH

USSSA Baseball Virginia NIT  
Baseball Tournament

## JULY 4TH - 7TH

Commonwealth Games High  
School All-Star Baseball  
Showcase

## JULY 19TH - 23RD

American Legion District  
Baseball Championship  
Tournament



## National tournament at Moyer

**JULY 27TH - AUGUST 4TH** ASA/USA Girl's Class "A" 18U Fast Pitch National Championship

## AUGUST 2ND - 4TH

College Baseball Showcase  
Tournament

## AUGUST 17TH & 18TH

Nations Baseball Fall Opener  
Tournament

## AUGUST 24TH & 25TH

USSSA Fisher Financial  
Baseball Tournament

## SEPT. 8TH & 9TH

USSSA Star City Challenge  
Baseball Tournament

## SEPT. 22ND & 23RD

Nations Baseball Fall State  
Tournament

## youth and adult athletics

Manager: Scott Hall,  
shall@salemva.gov  
Supervisor: Jed Roberts,  
jroberts@salemva.gov  
925 Union Street, Salem  
(540) 375-4094

## YOUTH SPORTS MISSION

**STATEMENT** The purpose of  
youth recreational athletic leagues is  
to provide an enjoyable experience

for each youth participant, while  
developing character, skills,  
sportsmanship and promoting good  
will among all teams and individuals.  
Although sports are competitive by  
nature, the City of Salem Parks and  
Recreation Department's intentions  
are to place less emphasis on  
winning, while promoting the  
building of lifetime physical activity  
and health for each participant.

## GREAT BEGINNINGS WITH ED GREEN & STAFF

Make checks payable to Ed  
Green, Great Beginnings, and get  
application online at [www.salemva.gov/depts/parks\\_rec](http://www.salemva.gov/depts/parks_rec). For more  
info, call Ed at 387-9516.

## ADULT LEAGUES OFFERED

The Salem Parks and Recreation  
Department offers a variety of  
adult leagues aimed at increasing  
physical fitness and promoting  
social interaction between  
participants. Adults 18 and up.

## REGISTRATION DATES AT ACTIVENET

Boys Soccer: May 13 - June 17th  
Girls Soccer: May 13 - June 17th  
Football: May 13 - June 17th  
Cheerleading: May 13 - June 17th  
Basketball: Sept. 16th - Oct. 21st

## SUMMER SPORTS CLINICS

Boys Basketball (2nd - 9th grades)  
Girls Basketball (2nd - 9th grades)  
Boys Lacrosse (2nd - 9th grades)  
Girls Lacrosse (2nd - 9th grades)  
Boys Soccer (2nd - 9th grades)  
Girls Soccer (2nd - 9th grades)  
Football (2nd - 6th grades)  
Girls Volleyball (3rd - 9th grades)  
Baseball (2nd - 9th grades)  
Softball (2nd - 9th grades)  
Cheerleading (2nd - 9th grades)  
Clinics are offered for City of  
Salem residents or children who  
attend Salem City Schools. The  
cost for the clinics will be \$10  
per child per clinic. Registration  
begins May 1st. Visit website for  
location, dates and time.

## Ways to register for Athletics

- Online – [www.salemva.gov](http://www.salemva.gov)
- In Person – Sports Office located at 925 Union Street  
between the hours of 8:00a-5:00p, Monday through Friday
- By Phone – (540) 375-4094

\$35 Salem Residents, \$85 Tuition Paying Students enrolled in  
a Salem School. Uniforms are included with paid registration.

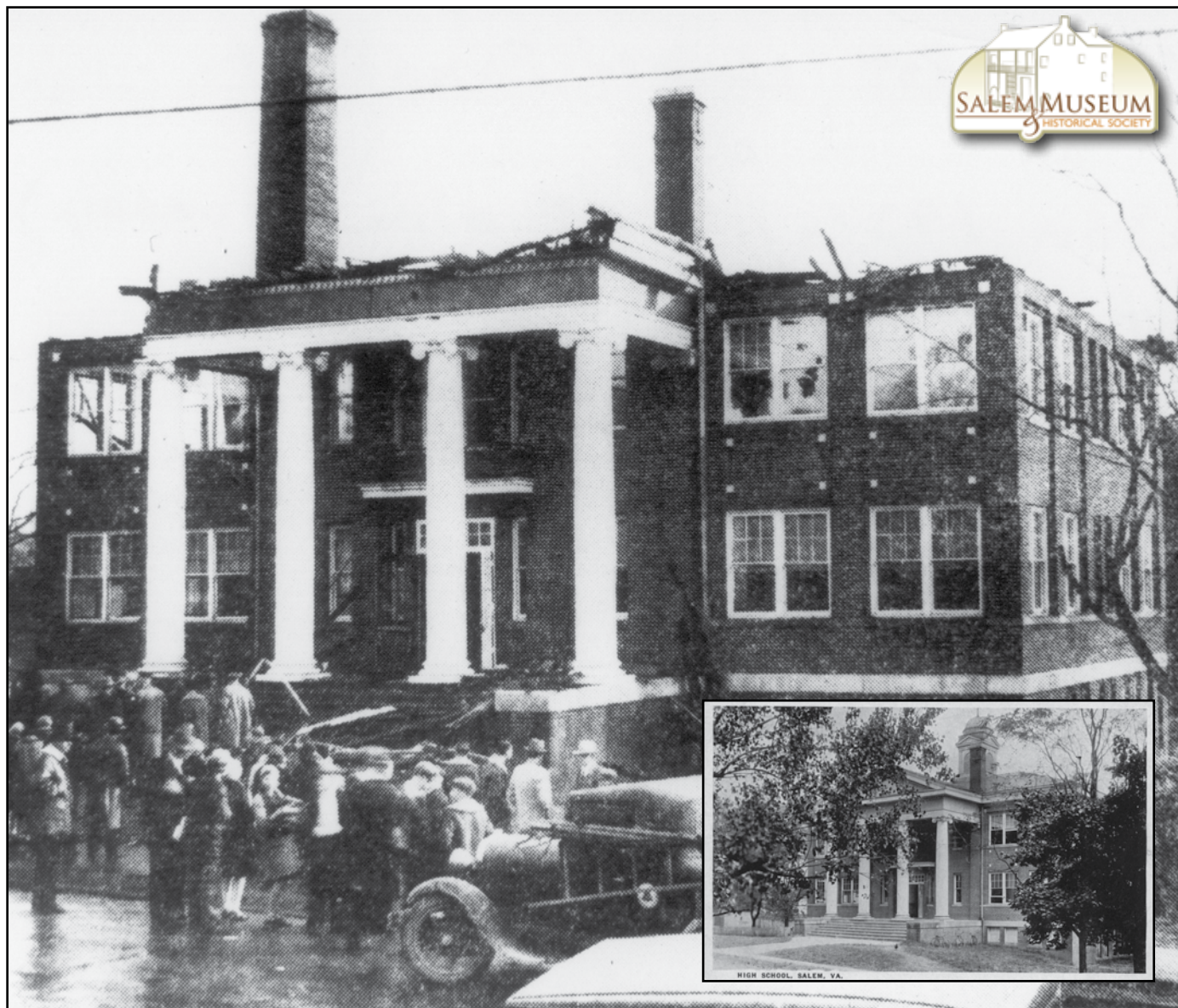


# A LONG TIME AGO

John Long - Salem Museum Executive Director [info@salemmuseum.org](mailto:info@salemmuseum.org) 389-6760




## 82 YEARS AGO



**Salem High School Burns.** Most folks in town considered it a great tragedy, but let's admit it: at least a few students stood nearby and cheered for the fire. In the early hours of January 19, 1931, a conflagration swept through Salem High School on Broad Street, leaving the 1912 building uninhabitable. Most of the library books were destroyed when the school's cupola collapsed, and only some records and athletic equipment survived. Faulty wiring was blamed. Left without a school, the students finished out their studies in makeshift classrooms provided by Roanoke College, the town of Salem, or local churches. In appreciation, the kids dedicated the 1931 yearbook to the supportive citizens of their town. Town Council used the occasion of the fire to lobby for a new school, and so Andrew Lewis High opened on College Avenue in 1933. Still, the Broad Street School was rebuilt and served as an elementary school until 1977. In 1983, the venerable old structure began a new life: as Salem City Hall. 🐦





Cup of tea on the porch.  
Short walk to the mailbox.  
Chest pain and shortness of breath.  
Living with severe heart valve disease.  
Open-heart surgery needed, but not an option.  
Fortunately, less invasive procedure available.  
New heart valve, new lease on life.  
Now walks to the mailbox don't seem so long.  
So grateful Carilion is here.

## We treat heart conditions in ways others can't.

As the only heart care team in the region with the trained experts to perform sophisticated heart valve procedures, such as transcatheter aortic valve implantation (TAVI), we're helping extend the lives of patients who need an alternative to open-heart surgery. We're here to keep a close watch on your heart, care for your condition, and keep you looking forward to all the moments to come. To watch patient videos, visit [CarilionClinic.org/heart](http://CarilionClinic.org/heart).





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